

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week #1	2 ^A	Off	2 ^A	Off	Off	2 ^A	Off	6
Week #2	2 ^B	Off	2 ^B	Off	Off	2 ^B	Off	6
Week #3	2 ^C	Off	2 ^C	Off	Off	2 ^C	Off	6
Week #4	2 ^D	Off	2 ^D	Off	Off	3 ^E	Off	7
Week #5	2 ^F	Off	2 ^F	Off	Off	3 ^G	Off	7
Week #6	3 ^G	Off	3 ^G	Off	2 ^F	3 ^H	Off	11
Week #7	3 ^H	Off	3 ^H	Off	3 ^G	4 ^I	Off	13
Week #8	3 ^H	Off	2	Off	3 ^H	4 ^I	Off	12
Week #9	2	Off	3 ^J	Off	2	5 ^K	Off	12
Week #10	2.5	Off	3 ^J	Off	2.5	5 ^K	Off	13
Week #11	2.5	Off	4 ^L	Off	2.5	5 ^K	Off	14
Week #12	2	Off	3	Off	2	5 ^M	Off	12
Week #13	3	Off	4 ^N	Off	3	6 ^O	Off	16
Week #14	3	Off	4 ^N	Off	3	6 ^O	Off	16
Week #15	3	Off	4 ^N	Off	3	7 ^P	Off	17
Week #16	3	Off	4 ^N	Off	3	7 ^P	Off	17
Week #17	3	Off	4 ^N	Off	3	8 ^Q	Off	18
Week #18	3	Off	5 ^R	Off	3	8 ^Q	Off	19
Week #19	3	Off	5 ^R	Off	3	9 ^S	Off	20
Week #20	3	Off	6 ^T	Off	3	9 ^S	Off	21
Week #21	3	Off	6 ^T	Off	3	10 ^U	Off	22
Week #22	3	Off	8 ^V	Off	3	10 ^U	Off	24
Week #23	3	Off	6 ^T	Off	3	12 ^W	Off	24
Week #24	3	Off	3	Off	Off	2	13.1 - Race	21.1



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- ^A Warm up with a 5 minute walk, then jog 30 seconds and walk 60 seconds until you've gone 2 miles.
- ^B Warm up with a 5 minute walk, then jog 60 seconds and walk 90 seconds until you've gone 2 miles.
- ^C Warm up with a 5 minute walk, then jog 90 seconds and walk 90 seconds until you've gone 2 miles.
- ^D Jog 90 seconds and walk 60 seconds until you've gone 2 miles
- ^E Jog 90 seconds and walk 60 seconds until you've gone 3 miles
- ^F Jog ¼ mile, walk ¼ mile - repeat 3 more times for a total of 2 miles.
- ^G Jog ¼ mile, walk ¼ mile - repeat 5 more times for a total of 3 miles.
- ^H Jog ½ mile, walk ¼ mile - repeat 3 more times for a total of 3 miles.
- ^I Jog ¾ mile, walk ¼ mile - repeat 3 more times for a total of 4 miles.
- ^J Run 1 mile, rest 3 minutes – repeat 2 more times for a total of 3 miles.
- ^K Jog ¾ mile, walk ¼ mile – repeat 4 more times for a total of 5 miles.
- ^L Run 1 mile, rest 3 minutes – repeat 3 more times for a total of 4 miles.
- ^M Jog 1 mile, walk ¼ mile – repeat 3 more times for a total of 5 miles.
- ^N Run 2 miles, rest 3 minutes – repeat 1 more time for a total of 4 miles.
- ^O Jog 1 mile and walk 1 minute until you've completed 6 miles.
- ^P Jog 1 mile and walk 1 minute until you've completed 7 miles.
- ^Q Jog 1 mile and walk 1 minute until you've completed 8 miles.
- ^R Run 1 mile, rest 2 minutes – repeat 4 more times for a total of 5 miles.
- ^S Jog 1 mile and walk 1 minute until you've completed 9 miles.
- ^T Run 2 miles, rest 2 minutes – repeat 2 more times for a total of 6 miles.
- ^U Jog 1 mile and walk 1 minute until you've completed 10 miles.
- ^V Run 2 miles and rest 3 minutes – repeat 3 more times for a total of 8 miles.
- ^W Jog 1 mile and walk 1 minute until you've completed 12 miles.