

	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 [.]	Off	16
Week #14	3	Off	4 ^N	Off	3	6 [.]	Off	16
Week #15	3	Off	4 ^N	Off	3	7 [.]	Off	17
Week #16	3	Off	4 ^N	Off	3	7 [.]	Off	17
Week #17	3	Off	4 ^N	Off	3	8 [.]	Off	18
Week #18	3	Off	5 ^O	Off	3	8 [.]	Off	19
Week #19	3	Off	5 ^O	Off	3	9 [.]	Off	20
Week #20	3	Off	6 ^P	Off	3	9 [.]	Off	21
Week #21	3	Off	6 ^P	Off	3	10 [.]	Off	22
Week #22	3	Off	8 ^Q	Off	3	10 [.]	Off	24
Week #23	3	Off	6 ^P	Off	3	12 [.]	Off	24
Week #24	3	Off	6 ^P	Off	3	12 [.]	Off	24
Week #25	3	Off	6 ^P	Off	3	13*	Off	25
Week #26	3	Off	6 ^P	Off	3	13*	Off	25
Week #27	3	Off	4	Off	3	14*	Off	24
Week #28	3	Off	4	Off	3	14*	Off	24
Week #29	3	Off	6 ^R	Off	3	12*	Off	24
Week #30	3	Off	6 ^R	Off	3	15*	Off	27
Week #31	4	Off	6 ^R	Off	3	15*	Off	28
Week #32	3	Off	6 ^R	Off	3	16*	Off	28
Week #33	3	Off	6 ^R	Off	3	16*	Off	28
Week #34	4	Off	6 ^R	Off	4	12*	Off	26
Week #35	3	Off	8 ^Q	Off	3	17*	Off	31
Week #36	3	Off	8 ^Q	Off	3	17*	Off	31
Week #37	3	Off	8 ^S	Off	3	14*	Off	28
Week #38	3	Off	8 ^S	Off	3	18*	Off	32
Week #39	3	Off	8 ^S	Off	3	18*	Off	32
Week #40	3	Off	8 ^S	Off	3	19*	Off	33
Week #41	3	Off	8 ^S	Off	3	19*	Off	33
Week #42	3	Off	8 ^S	Off	3	16*	Off	30
Week #43	4	Off	5	Off	3	20*	Off	32
Week #44	4	Off	5	Off	3	21*	Off	33
Week #45	4	Off	5	Off	3	22*	Off	34
Week #46	4	Off	5	Off	3	22*	Off	34
Week #47	4	Off	6	Off	4	18*	Off	32
Week #48	3	Off	6	Off	3	23*	Off	35
Week #49	3	Off	6	Off	3	24*	Off	36
Week #50	3	Off	6	Off	3	18*	Off	30
Week #51	3	Off	6	Off	3	12*	Off	24
Week #52	3	Off	3	Off	Off	3*	Race (26.2)	35.2



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- * Jog 1 mile and walk 1 minute until you've completed the prescribed distance.
- ^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 $\frac{1}{4}$ mile, walk $\frac{1}{4}$ mile - repeat 3 more times for a total of 2 miles.
- ^G Jog $\frac{1}{4}$ mile, walk $\frac{1}{4}$ mile - repeat 5 more times for a total of 3 miles.
- ^H Jog $\frac{1}{2}$ mile, walk $\frac{1}{4}$ mile - repeat 3 more times for a total of 3 miles.
- ^I Jog $\frac{3}{4}$ mile, walk $\frac{1}{4}$ 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 $\frac{3}{4}$ mile, walk $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 Run 1 mile, rest 2 minutes – repeat 4 more times for a total of 5 miles.
- ^P Run 2 miles, rest 2 minutes – repeat 2 more times for a total of 6 miles.
- ^Q Run 2 miles and rest 3 minutes – repeat 3 more times for a total of 8 miles.
- ^R Run 3 miles and rest 3 minutes – repeat 1 more time for a total of 6 miles.
- ^S Run 4 miles and rest 3 minutes – repeat 1 more time for a total of 8 miles.