

20-Week Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 mi TR	Strength	10 min int	X-train	X-train	2 mi	Rest
2	2 mi TR	Strength	10 min int	X-train	X-train	2 mi	Rest
3	2 mi TR	Strength	15 min int	X-train	X-train	3 mi	Rest
4	2 mi TR	Strength	15 min int	X-train	X-train	3 mi	Rest
5	2 mi TR	Strength	15 min int	X-train	X-train	4 mi	Rest
6	2 mi TR	Strength	15 min int	X-train	X-train	4 mi	Rest
7	3 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
8	3 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
9	3 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
10	3 mi TR	Strength	20 min int	X-train	X-train	5 mi	Rest
11	3 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
12	3 mi TR	Strength	20 min int	X-train	X-train	6 mi	Rest
13	4 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
14	4 mi TR	Strength	20 min int	X-train	X-train	7 mi	Rest
15	4 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
16	4 mi TR	Strength	20 min int	X-train	X-train	5 mi	Rest
17	4 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
18	3 mi TR	Strength	20 min int	X-train	X-train	8 mi	Rest
19	3 mi TR	Strength	20 min int	X-train	X-train	3 mi	Rest
20	3 mi TR	Strength	2 mi Easy R	X-train	X-train	Rest!	Race Day!

Legend: TR=Tempo Run, Int=Interval training, Easy R= Easy run, mi=miles

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9	3 mi TR	Strength	20 min int	X-train	X-train	8 mi	Rest
10	3 mi TR	Strength	2 mi Easy R	X-train	X-train	Rest	Race Day!

Legend: TR=Tempo Run, Int=Interval training, Easy R= Easy run, mi=miles