



## JOGGER TRAINING SCHEDULE

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3 Miles	Active Rest	2 Miles	2 Miles	2 Miles	Active Rest	3 Miles
2	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles	Active Rest	3 Miles
3	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles	Active Rest	2 Miles
4	5 Miles	Active Rest	4 Miles	2 Miles	3 Miles	Active Rest	4 Miles
5	6 Miles	Active Rest	4 Miles	3 Miles	3 Miles	Active Rest	4 Miles
6	7 Miles	2 Miles 3 x Strides	2 Miles 5 x Strides 2 Miles	3 Miles	3 Miles	Active Rest	Double Sessions 4 miles 4 miles
7	3 Miles	2 Miles 4 x Strides	2 Miles 6 x Strides 2 Miles	4 Miles	4 Miles Moderate Pace	Active Rest	4 miles 4 x Strides
8	8 Miles	2 Miles	2 Miles 6 x Strides 2 Miles	4 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
9	6 Miles	2 Miles	2 Miles 6 x Strides 2 Miles	4 Miles	4 Miles	Active Rest	5 Miles
10	11 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles 4 x Stride	Active Rest	Double Sessions 5 miles 5 miles
11	8 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
12	7 Miles	2 Miles 6 x Strides	3 Miles	4 Miles	Active Rest	Race Day	Race Day