

JUNE 2019

TRAINING PROGRAM



SUN MON TUE WED THU FRI SAT

01

02

60 minutes of cross-training/other exercise

03

Rest

04

3 mile run

05

3 mile run

06

3 mile run

07

Rest

08

4 mile run

09

60 minutes of cross-training/other exercise

10

Rest

11

3 mile run

12

3 mile paced run

13

3 mile run

14

Rest

15

5 mile run

16

60 minutes of cross-training/other exercise

17

Rest

18

3 mile run

19

4 mile run

20

3 mile run

21

Rest

22

6 mile run

23

60 minutes of cross-training/other exercise

24

Rest

25

3 mile run

26

4 mile paced run

27

3 mile run

28

Rest

29

7 mile run

30

60 minutes of cross-training/other exercise

JULY 2019

TRAINING PROGRAM



SUN

MON

TUE

WED

THU

FRI

SAT

01

Rest

02

3 mile run

03

4 mile run

04

3 mile run

05

Rest

06

8 mile run

07

60 minutes of cross-training/other exercise

08

Rest

09

3 mile run

10

4 mile paced run

11

3 mile run

12

Rest

13

5K Race

14

60 minutes of cross-training/other exercise

15

Rest

16

3 mile run

17

5 mile run

18

3 mile run

19

Rest

20

9 mile run

21

60 minutes of cross-training/other exercise

22

Rest

23

3 mile run

24

5 mile paced run

25

3 mile run

26

Rest

27

10 mile run

28

60 minutes of cross-training/other exercise

29

Rest

30

3 mile run

31

5 mile run

AUG 2019

TRAINING PROGRAM



SUN

MON

TUE

WED

THU

FRI

SAT

01

3 mile run

02

Rest

03

10K Race

04

60 minutes of cross-training/other exercise

05

Rest

06

3 mile run

07

5 mile paced run

08

3 mile run

09

Rest

10

11 mile run

11

60 minutes of cross-training/other exercise

12

Rest

13

3 mile run

14

5 mile run

15

3 mile run

16

Rest

17

12 mile run

18

60 minutes of cross-training/other exercise

19

Rest

20

3 mile run

21

2 mile paced run

22

2 mile slow run

23

Rest

24

Running the Rapids
13.1 mile

25

REST AND CELEBRATE!

26

27

28

29

30

31