

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Beginner	2 miles	Rest	2.5 miles	Rest	3 miles	Rest	3.5 miles
	Advanced	3 miles	Rest	3.5 miles	Rest	4 miles	Rest	4.5 miles
<b>Week 2</b>	Beginner	Rest	4 miles	Rest	4 miles	Rest	4 miles	Rest
	Advanced	Rest	5 miles	Rest	5 miles	Rest	5 miles	Rest
<b>Week 3</b>	Beginner	4.5 miles	Rest	4.5 miles	Rest	4.5 miles	Rest	5 miles
	Advanced	5.5 miles	Rest	5.5 miles	Rest	5.5 miles	Rest	6 miles
<b>Week 4</b>	Beginner	Rest	5 miles	Rest	5 miles	Rest	5.5 miles	Rest
	Advanced	Rest	6 miles	Rest	5 miles	Rest	6 miles	5 miles
<b>Week 5</b>	Beginner	4 miles	Rest	4.5 miles	Rest	4.5 miles	Rest	4.5 miles
	Advanced	Rest	6.5 miles	Rest	5 miles	Rest	6 miles	5 miles
<b>Week 6</b>	Beginner	Rest	5 miles	Rest	6 miles	Rest	5 miles	6 miles
	Advanced	Rest	7 miles	Rest	5 miles	Rest	6 miles	5 miles
<b>Week 7</b>	Beginner	Rest	5 miles	Rest	6 miles	Rest	5 miles	6 miles
	Advanced	Rest	7 miles	Rest	6 miles	Rest	5 miles	6 miles
<b>Week 8</b>	Beginner	Rest	5 miles	Rest	4 miles	Rest	Rest	RACE
	Advanced	Rest	6 miles	Rest	4 miles	Rest	Rest	RACE