

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday		
Week 1	Rest	10 min/ 1 Mile	Rest	10 Min/ Mile	1	Rest	20 Min/ Miles	2	Rest
Week 2	Rest	15 Min/ 1.5 Miles	Rest	10 Min/ 1 Mile		Rest	20 Min/ Miles	2	Rest
Week 3	Rest	15 Min/ 1.5 Miles	10 Min/ 1 Miles	20 Min/ Miles	2	Rest	20 Min/ Miles	2	Rest
Week 4	Rest	20 Min/ 2 Miles	20 Min/ 2 Miles	25 Min/ 2.5 Miles		Rest	25 Min/ 2.5 Miles		Rest
Week 5	Rest	20 Min/ 2 Miles	30 Min/ 3 Miles	20 Min/ 2 Miles		Rest	30 Min/ Mile	3	Rest
Week 6	Rest	30 min/ 3 Miles	20 Min/ 2 Miles	30 Min/ Miles	3	Rest	40 Min/ Miles	4	Rest
Week 7	Rest	30 Min/ 3 Miles	25 Min/ 2.5 Miles	20 Min/ Miles	2	Rest	50 Min/ Miles	5	Rest
Week 8	Rest	25 Min/ 2.5 Miles	30 Min/ 3 Miles	25 Min/ 2.5 Miles		Rest	15 Min/ 1.5 Mile		5K Race
Week 9	Rest	30 Min/ 3 Miles	25 Min/ 2.5 Miles	30 Min/ Miles	3	Rest	60 Min/ Miles	6	Rest
Week 10	Rest	30 Min/ 3 miles	30 Min/ 3 Miles	30 Min/ Miles	3	Rest	50 Min/ Miles	5	Rest
Week 11	Rest	30 Min/ 3 Miles	Rest	Rest	Rest	Rest	10K Race		