

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Week 1	Rest	10 min/ 1 Mile	Rest	10 Min/ 1 Mile	Rest	20 Min/ 2 Miles	Rest
Week 2	Rest	15 Min/ 1.5 Miles	Rest	10 Min/ 1 Mile	Rest	20 Min/ 2 Miles	Rest
Week 3	Rest	15 Min/ 1.5 Miles	10 Min/ 1 Miles	20 Min/ 2 Miles	Rest	20 Min/ 2 Miles	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	Rest	Rest	30 Min/ 3 Mile	Rest