



This 8-week training guide is designed to optimize performance and minimize the risk of injury. Use it to layout your weekly runs and recovery time. You can alter the days to work with your schedule, but try to keep to the general layout of the training module:

Week	MON	TUE	WED	THR	FRI	SAT	SUN
1	Rest or run/walk	1.5 mile run	Rest or run/walk	1.5 mile run	Rest	1.5 mile run	30 min walk
2	Rest or run/walk	1.75 mile run	Rest or run/walk	1.5 mile run	Rest	1.75 mile run	35 min walk
3	Rest or run/walk	2 mile run	Rest or run/walk	1.5 mile run	Rest	2 mile run	40 mile walk
4	Rest or run/walk	2.25 mile run	Rest or run/walk	1.5 mile run	Rest	2.25 mile run	45 min walk
5	Rest or run/walk	2.5 mile run	Rest or run/walk	2 mile run	Rest	2.5 mile run	50 min walk
6	Rest or run/walk	2.75 mile run	Rest or run/walk	2 mile run	Rest	3 mile run	55 min walk
7	Rest or run/walk	3 mile run	Rest or run/walk	2 mile run	Rest	3 mile run	60 min walk
8	Rest or run/walk	3 mile run	Rest or run/walk	2 mile run	Rest		

