

# RUN/WALK

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 5-11	3 mi @ Run 2, Walk 1	Rest or Strength	3 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	6 mi @ Run 4, Walk 1	Rest
<b>Week 2</b> June 12-18	3 mi @ Run 2, Walk 1	Rest or Strength	3 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	7 mi @ Run 4, Walk 1	Rest
<b>Week 3</b> June 19-25	3 mi @ Run 2, Walk 1	Rest or Strength	4 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	5 mi @ Run 4, Walk 1	Rest
<b>Week 4</b> June 26-July 2	3 mi @ Run 2, Walk 1	Rest or Strength	4 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	9 mi @ Run 4, Walk 1	Rest
<b>Week 5</b> July 3-9	3 mi @ Run 2, Walk 1	Rest or Strength	5 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	10 mi @ Run 4, Walk 1	Rest
<b>Week 6</b> July 10-16	3 mi @ Run 2, Walk 1	Rest or Strength	5 mi @ Run 4, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	7 mi @ Run 4, Walk 1	Rest
<b>Week 7</b> July 17-23	3 mi @ Run 2, Walk 1	Rest or Strength	6 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	12 mi @ Run 4, Walk 1	Rest
<b>Week 8</b> July 24-30	3 mi @ Run 2, Walk 1	Rest or Strength	6 mi @ Run 4, Walk 1	3 mi @ Run 2, Walk 1 + Strength	Rest	13 mi @ Run 4, Walk 1	Rest
<b>Week 9</b> July 31-Aug 6	3 mi @ Run 3, Walk 1	Rest or Strength	7 mi @ Run 3, Walk 1	4 mi @ Run 2, Walk 1 + Strength	Rest	10 mi @ Run 4, Walk 1	Rest
<b>Week 10</b> Aug 7-13	3 mi @ Run 3, Walk 1	Rest or Strength	7 mi @ Run 3, Walk 1	4 mi @ Run 2, Walk 1 + Strength	Rest	15 mi @ Run 4, Walk 1	Rest
<b>Week 11</b> Aug 14-20	4 mi @ Run 3, Walk 1	Rest or Strength	8 mi @ Run 4, Walk 1	4 mi @ Run 2, Walk 1 + Strength	Rest	16 mi @ Run 4, Walk 1	Rest
<b>Week 12</b> Aug 21-27	4 mi @ Run 4, Walk 1	Rest or Strength	8 mi @ Run 4, Walk 1	5 mi @ Run 2, Walk 1 + Strength	Rest	12 mi @ Run 4, Walk 1	Rest
<b>Week 13</b> Aug 28-Sept 3	4 mi @ Run 4, Walk 1	Rest or Strength	9 mi @ Run 4, Walk 1	5 mi @ Run 2, Walk 1 + Strength	Rest	18 mi @ Run 4, Walk 1	Rest
<b>Week 14</b> Sept 4- 10	5 mi @ Run 4, Walk 1	Rest or Strength	9 mi @ Run 4, Walk 1	5 mi @ Run 2, Walk 1 + Strength	Rest	14 mi @ Run 4, Walk 1	Rest
<b>Week 15</b> Sept 11-17	6 mi @ Run 4, Walk 1	Rest or Strength	9 mi @ Run 4, Walk 1	5 mi @ Run 2, Walk 1	Rest	Rest	<b>R2R 20 Miler</b>
<b>Week 16</b> Sept 18-24	4 mi @ Run 4, Walk 1 or Rest	Rest or Strength	8 mi @ Run 3, Walk 1	4 mi @ Run 2, Walk 1	Rest	12 mi @ Run 4, Walk 1	Rest
<b>Week 17</b> Sept 25-Oct 1	4 mi @ Run 3, Walk 1	Rest or Strength	6 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1	Rest	8 mi @ Run 4, Walk 1	Rest
<b>Week 18</b> Oct 2-8	3 mi @ Run 2, Walk 1	Rest	4 mi @ Run 2, Walk 1	3 mi @ Run 2, Walk 1	Rest	Rest	<b>Race</b>

Run/Walk Intervals	Overall Pace	Run Interval Pace	Walk Pace
4 min run / 1 min walk	12:00 min/mile	11:18 min/mile	16:00 min/mile
4 min run / 1 min walk	12:30 min/mile	11:51 min/mile	16:00 min/mile
4 min run / 1 min walk	13:00 min/mile	12:25 min/mile	16:00 min/mile