

NOVICE I

See pace chart on page 18 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1 June 6-12	3 mi @ E	Rest or Strength	3 mi @ E	3 mi @ E + Strength	Rest	6 mi @ LR	Rest
Week 2 June 13-19	3 mi @ E	Rest or Strength	3 mi @ E	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
Week 3 June 20-26	3 mi @ E	Rest or Strength	4 mi @ E	3 mi @ E + Strength	Rest	5 mi @ LR	Rest
Week 4 June 27-July 3	3 mi @ E	Rest or Strength	4 mi @ E	3 mi @ E + Strength	Rest	9 mi @ LR	Rest
Week 5 July 4-10	3 mi @ E	Rest or Strength	5 mi @ E	3 mi @ E + Strength	Rest	10 mi @ LR	Rest
Week 6 July 11-17	3 mi @ E	Rest or Strength	5 mi @ E	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
Week 7 July 18-24	3 mi @ E	Rest or Strength	6 mi @ E	3 mi @ E + Strength	Rest	12 mi @ LR	Rest
Week 8 July 25-31	3 mi @ E	Rest or Strength	6 mi @ E	3 mi @ E + Strength	Rest	13 mi @ LR	Rest
Week 9 Aug 1-7	3 mi @ E	Rest or Strength	7 mi @ E	4 mi @ E + Strength	Rest	10 mi @ LR	Rest
Week 10 Aug 8-14	3 mi @ E	Rest or Strength	7 mi @ E	4 mi @ E + Strength	Rest	15 mi @ LR	Rest
Week 11 Aug 15-21	4 mi @ E	Rest or Strength	8 mi @ E	4 mi @ E + Strength	Rest	16 mi @ LR	Rest
Week 12 Aug 22-28	4 mi @ E	Rest or Strength	8 mi @ E	5 mi @ E + Strength	Rest	12 mi @ LR	Rest
Week 13 Aug 29-Sept 4	4 mi @ E	Rest or Strength	9 mi @ E	5 mi @ E + Strength	Rest	18 mi @ LR	Rest
Week 14 Sept 5- 11	5 mi @ E	Rest or Strength	9 mi @ E	5 mi @ E + Strength	Rest	14 mi @ LR	Rest
Week 15 Sept 12-18	6 mi @ E	Rest or Strength	9 mi @ E	5 mi @ E	Rest	Rest	R2R 20 Miler
Week 16 Sept 19-25	4 mi @ E or Rest	Rest or Strength	8 mi @ E	4 mi @ E	Rest	12 mi @ LR	Rest
Week 17 Sept 26-Oct 2	4 mi @ E	Rest or Strength	6 mi @ E	3 mi @ E	Rest	8 mi @ LR	Rest
Week 18 Oct 3-9	3 mi @ E	Rest	4 mi @ E	3 mi @ E	Rest	Rest	Race