

# Novice Training Plan

See pace chart on page 17 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 7-13	3 mi @ E	Rest or Strength	3 mi @ E	3 mi @ E + Strength	Rest	6 mi @ LR	Rest
<b>Week 2</b> June 14-20	3 mi @ E	Rest or Strength	3 mi @ E	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
<b>Week 3</b> June 21-27	3 mi @ E	Rest or Strength	4 mi @ E	3 mi @ E + Strength	Rest	5 mi @ LR	Rest
<b>Week 4</b> June 28-July 4	3 mi @ E	Rest or Strength	4 mi @ E	3 mi @ E + Strength	Rest	9 mi @ LR	Rest
<b>Week 5</b> July 5-11	3 mi @ E	Rest or Strength	5 mi @ E	3 mi @ E + Strength	Rest	10 mi @ LR	Rest
<b>Week 6</b> July 12-18	3 mi @ E	Rest or Strength	5 mi @ E	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
<b>Week 7</b> July 19-25	3 mi @ E	Rest or Strength	6 mi @ E	3 mi @ E + Strength	Rest	12 mi @ LR	Rest
<b>Week 8</b> July 26-Aug 1	3 mi @ E	Rest or Strength	6 mi @ E	3 mi @ E + Strength	Rest	13 mi @ LR	Rest
<b>Week 9</b> Aug 2-8	3 mi @ E	Rest or Strength	7 mi @ E	4 mi @ E + Strength	Rest	10 mi @ LR	Rest
<b>Week 10</b> Aug 9-15	3 mi @ E	Rest or Strength	7 mi @ E	4 mi @ E + Strength	Rest	15 mi @ LR	Rest
<b>Week 11</b> Aug 16-22	4 mi @ E	Rest or Strength	8 mi @ E	4 mi @ E + Strength	Rest	16 mi @ LR	Rest
<b>Week 12</b> Aug 23-29	4 mi @ E	Rest or Strength	8 mi @ E	5 mi @ E + Strength	Rest	12 mi @ LR	Rest
<b>Week 13</b> Aug 30-Sept 5	4 mi @ E	Rest or Strength	9 mi @ E	5 mi @ E + Strength	Rest	18 mi @ LR	Rest
<b>Week 14</b> Sept 6-12	5 mi @ E	Rest or Strength	9 mi @ E	5 mi @ E + Strength	Rest	14 mi @ LR	Rest
<b>Week 15</b> Sept 13-19	6 mi @ E	Rest or Strength	9 mi @ E	5 mi @ E	Rest	Rest	<b>R2R 20 Miler</b>
<b>Week 16</b> Sept 20-26	4 mi @ E or Rest	Rest or Strength	8 mi @ E	4 mi @ E	Rest	12 mi @ LR	Rest
<b>Week 17</b> Sept 27-Oct 3	4 mi @ E	Rest or Strength	6 mi @ E	3 mi @ E	Rest	8 mi @ LR	Rest
<b>Week 18</b> Oct 4-10	3 mi @ E	Rest	4 mi @ E	3 mi @ E	Rest	Rest	<b>Race</b>