

# NOVICE I

See pace chart on page 20 for specific pace breakdown; track workouts will have separate pace chart

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