

# RUN/WALK

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b>	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>	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>	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>	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>	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>	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>	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>	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>	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>	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>	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>	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>	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>	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>	6 mi @ Run 4, Walk 1	Rest or Strength	9 mi @ Run 4, Walk 1	5 mi @ Run 2, Walk 1	Rest	Rest	
<b>Week 16</b>	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>	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>	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