

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------|--------------------|-----------------------|--------------------|---------------|--------------------|-------------------------|
| Week 1 | Rest | 2.5 mi easy run | 30 min cross train | 2 mi easy run | Rest | 40 min cross train | 3 mi long easy run |
| Week 2 | Rest | 2.5 mi easy run | 30 min cross train | 2 mi easy run | Rest | 40 min cross train | 3.5 mi long easy run |
| Week 3 | Rest | 2.5 mi easy run | 35 min cross train | 2 mi easy run | Rest | 50 min cross train | 4 mi easy long run |
| Week 4 | Rest | 3 mi easy run | 35 min cross train | 2.5 mi easy run | Rest | 50 min cross train | 4 mi easy long run |
| Week 5 | Rest | 3.5 mi easy run | 40 min cross train | 2.5 mi easy run | Rest | 60 min cross train | 4.5 mi easy long run |
| Week 6 | Rest | 3.5 mi easy run | 40 min cross train | 3 mi easy run | Rest | 60 min cross train | 5 mi easy long run |
| Week 7 | Rest | 3 mi easy run | 45 min cross train | 2.5 mi easy run | Rest | 45 min cross train | 5.5 mi easy long run |
| Week 8 | Rest | 3 mi easy run | 30 min cross train | 2 mi easy run | Rest | Rest | 10K Run!! |