



**FORT2BASE
10 NAUTICAL MILES
RUN - WALK TRAINING PROGRAM**

3/2 = Run 3 minute / walk 2 minutes
4/2 = Run 4 minutes / walk 2 minutes

<u>Week</u>	<u>Monday</u> (Easy)	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Easy)	<u>Thursday</u> (Cross Train)	<u>Friday</u>	<u>Saturday</u> (Long)	<u>Sunday</u>	<u>Week Ending</u> (Sunday)
1	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	4 Miles (A) 3/2 (B) 4/2	Rest	May 26, 2013
2	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	5 Miles (A) 3/2 (B) 4/2	Rest	June 2, 2013
3	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	6 Miles (A) 3/2 (B) 4/2	Rest	June 9, 2013
4	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	4 Miles (A) 3/2 (B) 4/2	Rest	June 16, 2013

5	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	7 Miles (A) 3/2 (B) 4/2	Rest	June 23, 2013
6	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	Rest	8 Miles (A) 3/2 (B) 4/2	Rest	June 30, 2013
7	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	6 Miles (A) 3/2 (B) 4/2	Rest	July 7, 2013
8	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	35-42 Minutes (4 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	9 Miles (A) 3/2 (B) 4/2	Rest	July 14, 2013
9	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	30 - 40 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	10 Miles (A) 3/2 (B) 4/2	Rest	July 21, 2013
10	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35 - 45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	8 Miles (A) 3/2 (B) 4/2	Rest	July 28, 2013
11	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	35 - 45 Minutes	45-50 Minutes (5 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	11 Miles (A) 3/2 (B) 4/2	Rest	August 4, 2013
12	30-36 Minutes	35 - 45	45-50 Minutes	45 - 50	Rest	8 Miles	Rest	August 11, 2013

	(3 Miles) (A) 3/2 (B) 4/2	Minutes	(5 Miles) (A) 3/2 (B) 4/2	Minutes				
13	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	35 - 45 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	45 - 50 Minutes	Rest	6 Miles	Rest	August 18, 2013
14	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	30-36 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	Rest	Rest	11.5 Miles RACE DAY! Run/Walk (A) 3/2 (B) 4/2	August 25, 2013