FORT2BASE
10 NAUTICAL MILES
INTERMEDIATE RUN TRAINING PROGRAM

Week	Monday (Easy)	Tuesday Cross Train	Wednesday (Tempo)	Thursday (Easy)	Friday (Cross Train)	Saturday (Long)	Sunday	Week Ending Sunday
1	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	4 Miles	Rest	May 26, 2013
2	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	5 Miles	Rest	June 2, 2013
3	3 Miles	30 - 40 Minutes	3 Miles	3 Miles	30 - 40 Minutes	6 Miles	Rest	June 9, 2013
4	4 Miles	30 - 40 Minutes	4 Miles	3 Miles	30 - 40 Minutes	4 Miles	Rest	June 16, 2013
5	4 Miles	30 - 40 Minutes	4 Miles	3 Miles	30 - 40 Minutes	7 Miles	Rest	June 23, 2013
6	4 Miles	30 - 40	4 Miles	3 Miles	30 - 40	8 Miles	Rest	June 30, 2013

		Minutes			Minutes			
7	4 Miles	30 - 40 Minutes	5 Miles	3 Miles	45 - 50 Minutes	6 Miles	Rest	July 7, 2013
8	5 Miles	30 - 40 Minutes	5 Miles	3 Miles	45 - 50 Minutes	9 Miles	Rest	July 14, 2013
9	5 Miles	30 - 40 Minutes	6 Miles	3 Miles	45 - 50 Minutes	10 Miles	Rest	July 21, 2013
10	5 Miles	35 - 45 Minutes	7 Miles	3 Miles	45 - 50 Minutes	8 Miles	Rest	July 28, 2013
11	5 Miles	35 - 45 Minutes	6 Miles	3 Miles	45 - 50 Minutes	11 Miles	Rest	August 4, 2013
12	4 Miles	35 - 45 Minutes	6 Miles	3 Miles	45 - 50 Minutes	8 Miles	Rest	August 11, 2013
13	3 Miles	35 - 45 Minutes	5 Miles	3 Miles	45 - 50 Minutes	6 Miles	Rest	August 18, 2013
14	3 Miles	30 Minutes	3 Miles	3 Miles	Rest	Rest	11.5 Miles **RACE DAY!**	August 25, 2013