



**FORT2BASE
10 NAUTICAL MILES
NOVICE RUN TRAINING PROGRAM**

<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 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	4 Miles	Rest	May 26, 2013
2	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	5 Miles	Rest	June 2, 2013
3	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	6 Miles	Rest	June 9, 2013
4	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	4 Miles	Rest	June 16, 2013
5	35 Minutes (4 Miles)	30 - 40 Minutes	35 Minutes (4 Miles)	30 - 40 Minutes	Rest	7 Miles	Rest	June 23, 2013
6	35 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (4 Miles)	30 - 40 Minutes	Rest	8 Miles	Rest	June 30, 2013
7	45 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (4 Miles)	45 - 50 Minutes	Rest	6 Miles	Rest	July 7, 2013

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