



**FORT2BASE
3 NAUTICAL MILES
NOVICE TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	30 Minutes (3 Miles)	Rest	July 7, 2013
2	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	30 Minutes (3 Miles)	Rest	July 14, 2013
3	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	30 Minutes (3 Miles)	Rest	July 21, 2013
4	30 Minutes (3 Miles)	35 Minutes	20 Minutes (2 Miles)	Rest	35 Minutes	45 Minutes (4 Miles)	Rest	July 28, 2013
5	30 Minutes (3 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	35 Minutes	45 Minutes (4 Miles)	Rest	August 4, 2013
6	30 Minutes	30	20 Minutes	Rest	35	45 Minutes	Rest	August 11, 2013

	(3 Miles)	Minutes	(2 Miles)		Minutes	(4 Miles)		
7	30 Minutes (3 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	20 Minutes (2 Miles)	Rest	August 18, 2013
8	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	Rest	Rest	3.45 Miles RACE DAY!	August 25, 2013