



**FORT2BASE
3 NAUTICAL MILES
COUCH TO 3NM TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending Sunday</u>
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	Cross Train 30 minutes	15 min walk	Cross Train 30 minutes	15 min walk	Cross Train 30 minutes	30-60 min walk	Rest	July 7, 2013
2	Cross Train 30 minutes	15 min walk	Cross Train 30 minutes	15 min walk	Cross Train 30 minutes	35-60 min walk	Rest	July 14, 2013
3	Cross Train 30 minutes	20 min walk	Cross Train 30 minutes	20 min walk	Cross Train 30 minutes	40-60 min walk	Rest	July 21, 2013
4	Cross Train 30 minutes	20 min walk	Cross Train 30 minutes	20 min walk	Cross Train 30 minutes	45-60 min walk	Rest	July 28, 2013
5	Cross Train 30 minutes	25 min walk	Cross Train 30 minutes	25 min walk	Cross Train 30 minutes	50-60 min walk	Rest	August 4, 2013
6	Cross Train 30 minutes	25 min walk	Cross Train 30 minutes	25 min walk	Cross Train 30 minutes	55-60 min walk	Rest	August 11, 2013
7	Cross Train 30 minutes	30 min walk	Cross Train 30 minutes	30 min walk	Cross Train 30 minutes	60 min walk	Rest	August 18, 2013
8	Cross Train 30 minutes	30 min walk	Cross Train 30 minutes	30 min walk	Rest	Rest	RACE DAY!	August 25, 2013

