



8-WEEK TRAINING PLAN



THIS TRAINING PLAN IS DESIGNED FOR ADVANCED RUNNERS PLANNING TO COMPLETE THE 3 NAUTICAL MILE RACE ON AUGUST 28TH

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 MILES	CROSS TRAIN 40-45 MINUTES	10 X 200 (SPEED)	3 MILES (EASY)	CROSS TRAIN 40-45 MINUTES	REST	4 MILES (EASY LONG RUN)
2	4 MILES	CROSS TRAIN 40-45 MINUTES	4 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 40-45 MINUTES	REST	4 MILES (EASY LONG RUN)
3	4 MILES	CROSS TRAIN 40-45 MINUTES	3 X 800 1 X 1600 (SPEED)	3 MILES (EASY)	CROSS TRAIN 40-45 MINUTES	REST	5 MILES (EASY LONG RUN)
4	4 MILES	CROSS TRAIN 40-45 MINUTES	4 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 40-45 MINUTES	REST	4 MILES (EASY LONG RUN)
5	5 MILES	CROSS TRAIN 40-45 MINUTES	4 X 800 1 X 1600 (SPEED)	3 MILES (EASY)	CROSS TRAIN 40-45 MINUTES	REST	4 MILES (EASY LONG RUN)
6	4 MILES	CROSS TRAIN 40-45 MINUTES	4 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 40-45 MINUTES	REST	6 MILES (EASY LONG RUN)
7	3 MILES	CROSS TRAIN 40-45 MINUTES	6 X 800 (SPEED)	3 MILES (EASY)	CROSS TRAIN 40-45 MINUTES	REST	4 MILES (EASY LONG RUN)
8	3 MILES	CROSS TRAIN 30 MINUTES	2 MILES AT RACE PACE	REST	REST	REST	