



# 8-WEEK TRAINING PLAN



*THIS TRAINING PLAN IS DESIGNED FOR INTERMEDIATE 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	3 MILES (EASY)	3 MILES (EASY)	CROSS TRAIN 30-35 MINUTES	REST	3 MILES
2	4 MILES	CROSS TRAIN 40-45 MINUTES	4 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 30-35 MINUTES	REST	4 MILES
3	4 MILES	CROSS TRAIN 40-45 MINUTES	3 MILES (EASY)	3 MILES (EASY)	CROSS TRAIN 30-35 MINUTES	REST	5 MILES
4	4 MILES	CROSS TRAIN 40-45 MINUTES	4 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 30-35 MINUTES	REST	4 MILES
5	5 MILES	CROSS TRAIN 40-45 MINUTES	3 MILES (EASY)	3 MILES (EASY)	CROSS TRAIN 30-35 MINUTES	REST	4 MILES
6	4 MILES	CROSS TRAIN 40-45 MINUTES	4 MILES (EASY)	3 MILES (EASY)	CROSS TRAIN 30-35 MINUTES	REST	6 MILES
7	3 MILES	CROSS TRAIN 40-45 MINUTES	3 MILES (EASY)	3 MILES (EASY)	CROSS TRAIN 30-35 MINUTES	REST	4 MILES
8	3 MILES	CROSS TRAIN 30 MINUTES	2 MILES AT RACE PACE	REST	REST	REST	