8-WEEK TRAINING PLAN

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

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20 MINUTES (2 MILES)	CROSS TRAIN 30 MINUTES	20 MINUTES (2 MILES)	REST	CROSS TRAIN 30 MINUTES	REST	30 MINUTES (3 MILES)
2	20 MINUTES (2 MILES)	CROSS TRAIN 30 MINUTES	20 MINUTES (2 MILES)	REST	CROSS TRAIN 30 MINUTES	REST	30 MINUTES (3 MILES)
3	20 MINUTES (2 MILES)	CROSS TRAIN 30 MINUTES	20 MINUTES (2 MILES)	REST	CROSS TRAIN 30 MINUTES	REST	30 MINUTES (3 MILES)
4	30 MINUTES (3 MILES)	CROSS TRAIN 35 MINUTES	20 MINUTES (2 MILES)	REST	CROSS TRAIN 35 MINUTES	REST	45 MINUTES (4 MILES)
5	30 MINUTES (3 MILES)	CROSS TRAIN 30 MINUTES	20 MINUTES (2 MILES)	REST	CROSS TRAIN 35 MINUTES	REST	45 MINUTES (4 MILES)
6	30 MINUTES (3 MILES)	CROSS TRAIN 30 MINUTES	20 MINUTES (2 MILES)	REST	CROSS TRAIN 35 MINUTES	REST	45 MINUTES (4 MILES)
7	30 MINUTES (3 MILES)	CROSS TRAIN 30 MINUTES	20 MINUTES (2 MILES)	REST	CROSS TRAIN 30 MINUTES	REST	20 MINUTES (2 MILES)
8	20 MINUTES (2 MILES)	CROSS TRAIN 30 MINUTES	20 MINUTES (2 MILES)	REST	REST	REST	FORT 2 BASE AUGUST 28, 2022

TRAIN ★ RACE ★ CONQUER ★ TRAIN ★ RACE ★ CONQUER