



8-WEEK TRAINING PLAN



THIS TRAINING PLAN IS DESIGNED FOR RUNNERS/WALKERS PLANNING TO COMPLETE THE 3 NAUTICAL MILE RACE ON AUGUST 28TH (3/2- RUN 3 MINUTES/WALK 2 MINUTES ; 4/2- RUN 4 MINUTES/WALK 2 MINUTES)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 30 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	CROSS TRAIN 30 MINUTES	REST	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2
2	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 30 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	CROSS TRAIN 30 MINUTES	REST	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2
3	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 30 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	CROSS TRAIN 30 MINUTES	REST	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2
4	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 35 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	CROSS TRAIN 35 MINUTES	REST	25-30 MINUTES (3 MILES) (A) 3/2 (B) 4/2
5	25-30 MINUTES (3 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 30 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	CROSS TRAIN 35 MINUTES	REST	25-30 MINUTES (3 MILES) (A) 3/2 (B) 4/2
6	25-30 MINUTES (3 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 30 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	CROSS TRAIN 35 MINUTES	REST	25-30 MINUTES (3 MILES) (A) 3/2 (B) 4/2
7	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 30 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	CROSS TRAIN 30 MINUTES	REST	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2
8	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	CROSS TRAIN 30 MINUTES	20-24 MINUTES (2 MILES) (A) 3/2 (B) 4/2	REST	REST	REST	