



# 14-WEEK TRAINING PLAN



*THIS TRAINING PLAN IS DESIGNED FOR ADVANCED RUNNERS PLANNING TO COMPLETE THE 10 NAUTICAL MILE RACE ON AUGUST 28TH*

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 MILES (TEMPO)	3 MILES (EASY)	3 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 30-40 MINUTES	5 MILES (LONG)	REST
2	3 MILES (TEMPO)	3 MILES (EASY)	4 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 30-40 MINUTES	6 MILES (LONG)	REST
3	3 MILES (TEMPO)	3 MILES (EASY)	5 MILES 6 X 400 (SPEED)	3 MILES (EASY)	CROSS TRAIN 30-40 MINUTES	7 MILES (LONG)	REST
4	4 MILES (TEMPO)	3 MILES (EASY)	5 MILES (HILLS)	3 MILES (EASY)	CROSS TRAIN 30-40 MINUTES	8 MILES (LONG)	REST
5	4 MILES (TEMPO)	4 MILES (EASY)	4 MILES 8 X 400 (SPEED)	4 MILES (EASY)	CROSS TRAIN 30-40 MINUTES	6 MILES (LONG)	REST
6	4 MILES (TEMPO)	4 MILES (EASY)	6 MILES (HILLS)	4 MILES (EASY)	CROSS TRAIN 30-40 MINUTES	9 MILES (LONG)	REST
7	4 MILES (TEMPO)	4 MILES (EASY)	6 MILES 6 X 800 (SPEED)	4 MILES (EASY)	CROSS TRAIN 45-50 MINUTES	10 MILES (LONG)	REST
8	5 MILES (TEMPO)	4 MILES (EASY)	6 MILES (HILLS)	4 MILES (EASY)	CROSS TRAIN 45-50 MINUTES	11 MILES (LONG)	REST

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	5 MILES (TEMPO)	5 MILES (EASY)	6 MILES 3 X 1600 (SPEED)	5 MILES (EASY)	CROSS TRAIN 45-50 MINUTES	8 MILES (LONG)	REST
10	5 MILES (TEMPO)	5 MILES (EASY)	7 MILES (HILLS)	5 MILES (EASY)	CROSS TRAIN 45-50 MINUTES	12 MILES (LONG)	REST
11	4 MILES (TEMPO)	4 MILES (EASY)	8 MILES 4 X 1600 (SPEED)	5 MILES (EASY)	CROSS TRAIN 45-50 MINUTES	13 MILES (LONG)	REST
12	4 MILES (TEMPO)	4 MILES (EASY)	6 MILES 3 X 1600 (SPEED)	4 MILES (EASY)	CROSS TRAIN 45-50 MINUTES	8 MILES (LONG)	REST
13	5 MILES (TEMPO)	4 MILES (EASY)	5 MILES 1 X 4800 (SPEED)	3 MILES (EASY)	CROSS TRAIN 45-50 MINUTES	6 MILES (LONG)	REST
14	3 MILES (TEMPO)	3 MILES (EASY)	3 MILES (RACE PACE)	REST	REST	REST	 FORT 2 BASE AUGUST 28, 2022

