



14-WEEK TRAINING PLAN



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

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	REST	4 MILES (LONG)	REST
2	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	REST	5 MILES (LONG)	REST
3	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	REST	6 MILES (LONG)	REST
4	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30-40 MINUTES	REST	4 MILES (LONG)	REST
5	35 MINUTES (4 MILES EASY)	CROSS TRAIN 30-40 MINUTES	35 MINUTES (4 MILES EASY)	CROSS TRAIN 30-40 MINUTES	REST	7 MILES (LONG)	REST
6	35 MINUTES (4 MILES EASY)	CROSS TRAIN 30-40 MINUTES	45 MINUTES (4 MILES EASY)	CROSS TRAIN 30-40 MINUTES	REST	8 MILES (LONG)	REST
7	45 MINUTES (4 MILES EASY)	CROSS TRAIN 30-40 MINUTES	45 MINUTES (4 MILES EASY)	CROSS TRAIN 45-50 MINUTES	REST	6 MILES (LONG)	REST
8	45 MINUTES (4 MILES EASY)	CROSS TRAIN 30-40 MINUTES	45 MINUTES (5 MILES EASY)	CROSS TRAIN 45-50 MINUTES	REST	9 MILES (LONG)	REST

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	50 MINUTES (5 MILES EASY)	CROSS TRAIN 30-40 MINUTES	50 MINUTES (5 MILES EASY)	CROSS TRAIN 45-50 MINUTES	REST	10 MILES (LONG)	REST
10	45 MINUTES (4 MILES EASY)	CROSS TRAIN 35-45 MINUTES	50 MINUTES (4 MILES EASY)	CROSS TRAIN 45-50 MINUTES	REST	8 MILES (LONG)	REST
11	50 MINUTES (5 MILES EASY)	CROSS TRAIN 35-45 MINUTES	50 MINUTES (5 MILES EASY)	CROSS TRAIN 45-50 MINUTES	REST	11 MILES (LONG)	REST
12	45 MINUTES (4 MILES EASY)	CROSS TRAIN 35-45 MINUTES	45 MINUTES (4 MILES EASY)	CROSS TRAIN 45-50 MINUTES	REST	8 MILES (LONG)	REST
13	35 MINUTES (3 MILES EASY)	CROSS TRAIN 35-45 MINUTES	35 MINUTES (3 MILES EASY)	CROSS TRAIN 45-50 MINUTES	REST	6 MILES (LONG)	REST
14	30 MINUTES (3 MILES EASY)	CROSS TRAIN 30 MINUTES	30 MINUTES (3 MILES EASY)	REST	REST	REST	

