



14-WEEK TRAINING PLAN



THIS TRAINING PLAN IS DESIGNED FOR RUNNERS/WALKERS PLANNING TO COMPLETE THE 10 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	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	REST	4 MILES (LONG) (A) 3/2 (B) 4/2	REST
2	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	REST	5 MILES (LONG) (A) 3/2 (B) 4/2	REST
3	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	REST	6 MILES (LONG) (A) 3/2 (B) 4/2	REST
4	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	30-36 MINUTES (3 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	REST	4 MILES (LONG) (A) 3/2 (B) 4/2	REST
5	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	REST	7 MILES (LONG) (A) 3/2 (B) 4/2	REST
6	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	REST	8 MILES (LONG) (A) 3/2 (B) 4/2	REST
7	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 45-50 MINUTES	REST	6 MILES (LONG) (A) 3/2 (B) 4/2	REST
8	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 30-40 MINUTES	35-42 MINUTES (4 MILES EASY) (A) 3/2 (B) 4/2	CROSS TRAIN 45-50 MINUTES	REST	9 MILES (LONG) (A) 3/2 (B) 4/2	REST

