

women's **Running** 20 Week Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	30 min 10 x Run 1 min + Walk 2 min	CROSS- TRAINING 30 min	30 min 10 x Run 1 min + Walk 2 min	REST	CROSS- TRAINING 30 min	3 miles Run 1 min + Walk 2 min	REST
2	30 min 10 x Run 1 min + Walk 2 min	CROSS- TRAINING 30 min	28 min 7 x Run 1 min + Walk 2 min	REST	CROSS- TRAINING 30 min	3 miles Run 1 min + Walk 2 min	REST
3	28 min 7 x Run 2 min + Walk 2 min	CROSS- TRAINING 30 min	28 min 7 x Run 2 min + Walk 2 min	REST	CROSS- TRAINING 30 min	4 miles Run 2 min + Walk 2 min	REST
4	28 min 7 x Run 2 min + Walk 2 min	CROSS- TRAINING 30 min	30 min 6 x Run 3 min + Walk 2 min	REST	CROSS- TRAINING 30 min	4 miles Run 2 min + Walk 2 min	REST
5	30 min 6 x Run 3 min + Walk 2 min	CROSS- TRAINING 30 min	30 min 6 x Run 3 min + Walk 2 min	REST	CROSS- TRAINING 30 min	4 miles Run 2 min + Walk 2 min	REST
6	30 min 6 x Run 3 min + Walk 2 min	CROSS- TRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSS- TRAINING 30 min	5 miles Run 3 min + Walk 2 min	REST
7	30 min 5 x Run 4 min + Walk 2 min	CROSS- TRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSS- TRAINING 30 min	5 miles Run 3 min + Walk 2 min	REST
8	30 min 5 x Run 4 min + Walk 2 min	CROSS- TRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSS- TRAINING 30 min	6 miles Run 4 min + Walk 2 min	REST
9	30 min 6 x Run 5 min + Walk 1 min	CROSS- TRAINING 30 min	30 min 5 x Run 4 min + Walk 2 min	REST	CROSS- TRAINING 30 min	6 miles Run 4 min + Walk 2 min	REST
10	30 min 6 x Run 5 min + Walk 1 min	CROSS- TRAINING 30 min	36 min 6 x Run 5 min + Walk 1 min	REST	CROSS- TRAINING 30 min	4 miles Run 4 min + Walk 1 min	REST

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11	36 min 6 x Run 5 min + Walk 1 min	CROSS- TRAINING 30 min	36 min 6 x Run 5 min + Walk 1 min	REST	CROSS- TRAINING 30 min	7 miles Run 4 min + Walk 1 min	REST
12	30 min 6 x Run 5 min + Walk 1 min	CROSS- TRAINING 30 min	35 min 5 x Run 6 min + Walk 1 min	REST	CROSS- TRAINING 30 min	8 miles Run 4 min + Walk 1 min	REST
13	35 min 5 x Run 6 min + Walk 1 min	CROSS- TRAINING 30 min	35 min 5 x Run 6 min + Walk 1 min	REST	CROSS- TRAINING 30 min	5 miles Run 5 min + Walk 1 min	REST
14	35 min 5 x Run 6 min + Walk 1 min	CROSS- TRAINING 30 min	40 min 5 x Run 7 min + Walk 1 min	REST	CROSS- TRAINING 30 min	9 miles Run 5 min + Walk 1 min	REST
15	<i>Walk 5 min before & after</i> 40 min 5 x Run 7 min + Walk 1 min	CROSS- TRAINING 30 min	40 min 5 x Run 7 min + Walk 1 min	REST	CROSS- TRAINING 30 min	6 miles Run 6 min + Walk 1 min	REST
16	40 min 5 x Run 7 min + Walk 1 min	CROSS- TRAINING 30 min	36 min 4 x Run 8 min + Walk 1 min	REST	CROSS- TRAINING 30 min	10 miles Run 6 min + Walk 1 min	REST
17	45 min 5x Run 8 min + Walk 1 min	CROSS- TRAINING 30 min	45 min 5x Run 8 min + Walk 1 min	REST	CROSS- TRAINING 30 min	7 miles Run 7 min + Walk 1 min	REST
18	45 min 5x Run 8 min + Walk 1 min	CROSS- TRAINING 30 min	44 min 4x Run 10 min + Walk 1 min	REST	CROSS- TRAINING 30 min	10 miles Run 7 min + Walk 1 min	REST
19	44 min 4x Run 10 min + Walk 1 min	CROSS- TRAINING 30 min	44 min 4x Run 10 min + Walk 1 min	REST	CROSS- TRAINING 30 min	6 miles Run 8 min + Walk 1 min	REST
20	44 min 4x Run 10 min + Walk 1 min	CROSS- TRAINING 30 min	44 min 4x Run 10 min + Walk 1 min	REST	CROSS- TRAINING 30 min	REST	RACE DAY!