

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	3 miles	Rest	3 miles	Rest	3 miles	4 miles
2	Rest	3 miles	Rest	3 miles	Rest	3 miles	4 miles
3	Rest	4 miles	Rest	4 miles	Rest	3 miles	5 miles
4	Rest	4 miles	Rest	4 miles	Rest	3 miles	5 miles
5	Rest	5 miles	Rest	5 miles	Rest	3 miles	6 miles
6	Rest	5 miles	Rest	5 miles	Rest	3 miles	6 miles
7	Rest	3 miles	5 miles	3 miles	Rest	3 miles	7 miles
8	Rest	3 miles	5 miles	3 miles	Rest	3 miles	7 miles
9	Rest	4 miles	5 miles	4 miles	Rest	3 miles	8 miles
10	Rest	4 miles	5 miles	4 miles	Rest	3 miles	8 miles
11	Rest	4 miles	6 miles	4 miles	Rest	2 miles	9 miles
12	Rest	4 miles	6 miles	4 miles	Rest	2 miles	9 miles
13	Rest	5 miles	6 miles	5 miles	Rest	2 miles	10 miles
14	Rest	5 miles	6 miles	5 miles	Rest	2 miles	10 miles
15	Rest	5 miles	6 miles	4 miles	Rest	2 miles	11 miles
16	Rest	5 miles	6 miles	4 miles	Rest	2 miles	11 miles
17	Rest	4 miles	6 miles	4 miles	Rest	Rest	12 miles
18	Rest	4 miles	6 miles	4 miles	Rest	Rest	12 miles
19	Rest	4 miles	5 miles	4 miles	Rest	Rest	6 miles
20	Rest	4 miles	Rest	5 miles	Rest	Rest	Half marathon