

10 MILE TRAINING PLAN

WEEK	MON (miles to run)	TUES (miles to run)	WED (miles to run)	THURS (miles to run)	FRI (miles to run)	WEEKEND (miles to run)
2/27- 3/4	3		3		3	4
3/5 – 3/11	3		3		3	5
3/12 – 3/18	3		3		3	6
3/19 – 3/25	4		3		3	7
3/26 – 4/1	4		3		3	8
4/2 – 4/8	4		3		3	9
4/9 – 4/15	4		4		3	10
4/16 – 4/22	4	3	4		3	11
4/23 – 4/29	4	3	4		3	5
4/30 – 5/6	4		4	4		RACE