



July

2024

Key:
 R: Run
 W: Walk
 X: # of repetitions
 XT: Cross training day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Rest and Stretch Day	15 Walk or XT	16 Run 15-20 min OR (R 1min, W 1min, x10)	17 Walk or XT	18 Run 15-20 min OR (R 2min, W 4min, x5)	19 Walk or XT	20 1 mile OR (R 2min, W 4min, x5)
21 Rest and Stretch Day	22 Walk or XT	23 Run 15-20 min OR (R 1min, W 1min, x10)	24 Walk or XT	25 Run 15-20 min OR (R 2min, W 4min, x5)	26 Walk or XT	27 1-1.5 mile OR (R 2min, W 4min, x5)
28 Rest and Stretch Day	29 Walk or XT	30 Run 15-20 min OR (R 1min, W 1min, x10)				



August

2024

Key:
 R: Run
 W: Walk
 X: # of repetitions
 XT: Cross training day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Walk or XT	2 Run 15-20 min OR (R 2min, W 4min, x5)	3 Walk or XT	4 1-1.5 mile OR (R 2min, W 4min, x5)
5 Rest and Stretch Day	6 Walk or XT	7 Run 20-25 min OR (R 1min, W 1min, x10)	8 Walk or XT	9 Run 20-25 min OR (R 2min, W 4min, x5)	10 Walk or XT	11 2 miles OR (R 2min, W 4min, x5)
12 Rest and Stretch Day	13 Walk or XT	14 Run 20-25 min OR (R 3min, W 3min, x4)	15 Walk or XT	16 Run 20-25 min OR (R 3min, W 3min, x4)	17 Walk or XT	18 2 miles OR (R 5min, W 3min, x3)
19 Rest and Stretch Day	20 Walk or XT	21 Run 25-30 min OR (R 7min, W 2min, x3)	22 Walk or XT	23 Run 25-30 min OR (R 8min, W 2min, x3)	24 Walk or XT	25 2,5 miles OR (R 8min, W 2min, x3)
26 Rest and Stretch Day	27 Walk or XT	28 Run 25-30 min OR (R 8min, W 2min, x3)	29 Walk or XT	30 Run 25-30 minutes OR (R 10min, W 2min, x2, R 5min at end)	31 Walk or XT	



September

2024

Key:

R: Run

W: Walk

X: # of repetitions

XT: Cross training day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rest and Stretch Day	2 Walk or XT	3 Run 30 minutes OR (R 9min, W 1min, x3)	4 Walk or XT	5 Run 30 minutes OR (R 12min, W 2min, x2, R 5min at end)	6 Walk or XT	7 3 miles OR (R 8min, W 2min, x3)
8 Rest and Stretch Day	9 Walk or XT	10 Run 30 minutes OR (R 15min, W 1min, x2)	11 Walk or XT	12 Run 30 minutes OR (R 12min, W 2min, x2, R 5min at end)	13 Walk or XT	14 3 miles OR (R 8min, W 2min, x3)
15 Rest and Stretch Day	16 Walk or XT	17 Run 30 minutes OR (R 15min, W 1min, x2)	18 Walk or XT	19 Run 30 minutes OR (R 12min, W 2min, x2, R 5min at end)	20 Walk or XT	21 3 miles OR (R 8min, W 2min, x3)
22 Rest and Stretch Day	23 Walk or XT	24 Practice Run	25 Walk or XT	26 Rest and Stretch Day	27 Walk or XT	28 Winship 5K!!!
29 Rest and Stretch Day	30					