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| Week | Key weekend workout | Weekly Total | Key workout Notes |
| 9/24-9/30 | 10/6 or 1/2/3 (6 or 4 miles) | 15 | Pick one part of race course. |
| 10/01-10/07 | 10/6 or 1/2/3 (6 or 4 miles) | 15-18 | Do other part of race course this week. |
| 10/08-10/14 | 1 full loop (10 miles) | 18-20 | Take it easy on your first full trip around. Bring water and 1 food source. |
| 10/15-10/21 | 1 full loop (10 miles) | 20-22 | Continue to work on nutrition strategy as you learn where you should walk/jog/run |
| 10/22-10/28 | 1/2/3 x 3 (12 miles) | 22-25 | Key mental workout. Rest between each lap. |
| 10/29-11/4 | 1 loop + 1/2/3 (14 miles) | 25-28 | Beginning to ramp up total mileage to build durability for race. |
| 11/5-11/11 | 1 loop + 10/6 (16 miles). Aerobic run on other weekend day. | 28-30 | Add back to back run on weekend. |
| 11/12-11/18 | 2 full laps (20 miles). Aerobic run on other weekend day | 30-35 | Longest mileage week |
| 11/19-11/25 | 3 loops 10/6 (18 miles). Aerobic run on other weekend day | 20-25 | Begin to reduce overall mileage. Body will become strongest the last 2 weeks before the race! |
| 11/26-12/2 |  | 10 | All easy. None over 3 miles |
| 12/3 |  |  | Race Day! |

Training notes: You must hit your key workout. Ideally it’s on the weekend, but if you miss, you’ll need to make it up during the week prior to moving on. Weekly total mileage is flexible how you achieve it, but all running should be easy/aerobic. The purpose is simply to build up your body tolerance to the mileage. No need for intervals/speed work here! I would recommend 3-4 miles, 3 times per week during the week plus your key weekend workout. Towards the end, you’ll need to add an additional run day to be running on both Saturday and Sunday. As your long run increase in mileage, be sure to practice your nutrition strategy. You’ll need to learn what you can tolerate to eat/drink. Group runs will be posted regularly on Facebook.