

12-WEEK TRAINING SCHEDULE | 2020



Numbers represent miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 July 27 - Aug 2	Rest Day	4	3	4	Rest Day	4	5
Week 2 Aug 3 - Aug 9	Rest Day	3	3	Rest Day	5	5	6
Week 3 Aug 10 - Aug 16	Rest Day	4	3	4	Rest Day	4	5
Week 4 Aug 17 - Aug 23	Rest Day	3	3	Rest Day	5	5	6
Week 5 Aug 24 - Aug 30	Rest Day	4	3	4	Rest Day	4	5
Week 6 Aug 31 - Sept 6	Rest Day	3	3	Rest Day	5	5	6
Week 7 Sept 7 - Sept 13	Rest Day	4	3	4	Rest Day	4	5
Week 8 Sept 14 - Sept 20	Rest Day	3	3	Rest Day	5	5	6
Week 9 Sept 21 - Sept 27	Rest Day	4	4	5	Rest Day	6	7
Week 10 Sept 28 - Oct 4	Rest Day	3	4	Rest Day	6	7	8
Week 11 Oct 5 - Oct 11	Rest Day	3	4	5	Rest Day	8	9
Week 12 Oct 12 - Oct 18	Rest Day	3	3	Rest Day	10	10	10

10-WEEK TRAINING SCHEDULE | 2020



Numbers represent miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Aug 10 - Aug 16	Rest Day	4	3	4	Rest Day	4	5
Week 2 Aug 17 - Aug 23	Rest Day	3	3	Rest Day	5	5	6
Week 3 Aug 24 - Aug 30	Rest Day	4	3	4	Rest Day	4	5
Week 4 Aug 31 - Sept 6	Rest Day	3	3	Rest Day	5	5	6
Week 5 Sept 7 - Sept 13	Rest Day	4	3	4	Rest Day	4	5
Week 6 Sept 14 - Sept 20	Rest Day	3	3	Rest Day	5	5	6
Week 7 Sept 21 - Sept 27	Rest Day	4	4	5	Rest Day	6	7
Week 8 Sept 28 - Oct 4	Rest Day	3	4	Rest Day	6	7	8
Week 9 Oct 5 - Oct 11	Rest Day	3	4	5	Rest Day	8	9
Week 10 Oct 12 - Oct 18	Rest Day	3	3	Rest Day	10	10	10

6-WEEK TRAINING SCHEDULE | 2020



Numbers represent miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Sept 7 - Sept 13	Rest Day	4	3	4	Rest Day	4	5
Week 2 Sept 14 - Sept 20	Rest Day	3	3	Rest Day	5	5	6
Week 3 Sept 21 - Sept 27	Rest Day	4	4	5	Rest Day	6	7
Week 4 Sept 28 - Oct 4	Rest Day	3	4	Rest Day	6	7	8
Week 5 Oct 5 - Oct 11	Rest Day	3	4	5	Rest Day	8	9
Week 6 Oct 12 - Oct 18	Rest Day	3	3	Rest Day	10	10	10