

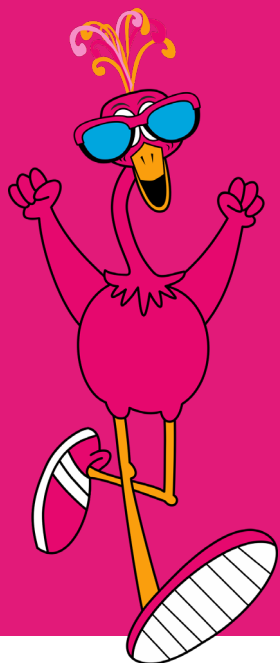


# 2022 OFFICIAL 16-WEEK TRAINING SCHEDULE



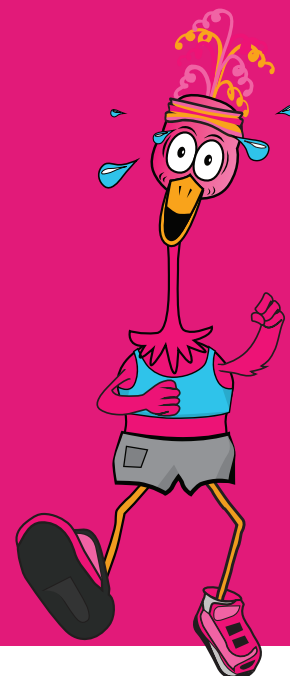
	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	7/4: <b>REST</b>	7/5: <b>2</b> miles	7/6: <b>REST</b>	7/7: <b>2</b> miles	7/8: <b>REST</b>	7/9: <b>2</b> miles	7/10: <b>2</b> miles
WEEK 2	7/11: <b>REST</b>	7/12: <b>2</b> miles	7/13: <b>REST</b>	7/14: <b>REST</b>	7/15: <b>2</b> miles	7/16: <b>3</b> miles	7/17: <b>2</b> miles
WEEK 3	7/18: <b>REST</b>	7/19: <b>3</b> miles	7/20: <b>REST</b>	7/21: <b>3</b> miles	7/22: <b>REST</b>	7/23: <b>3</b> miles	7/24: <b>3</b> miles
WEEK 4	7/25: <b>REST</b>	7/26: <b>3</b> miles	7/27: <b>REST</b>	7/28: <b>REST</b>	7/29: <b>3</b> miles	7/30: <b>3</b> miles	7/31: <b>3</b> miles
WEEK 5	8/1: <b>REST</b>	8/2: <b>3</b> miles	8/3: <b>REST</b>	8/4: <b>3</b> miles	8/5: <b>REST</b>	8/6: <b>4</b> miles	8/7: <b>4</b> miles
WEEK 6	8/8: <b>REST</b>	8/9: <b>3</b> miles	8/10: <b>REST</b>	8/11: <b>REST</b>	8/12: <b>4</b> miles	8/13: <b>4</b> miles	8/14: <b>4</b> miles
WEEK 7	8/15: <b>REST</b>	8/16: <b>3</b> miles	8/17: <b>REST</b>	8/18: <b>4</b> miles	8/19: <b>REST</b>	8/20: <b>5</b> miles	8/21: <b>5</b> miles
WEEK 8	8/22: <b>REST</b>	8/23: <b>3</b> miles	8/24: <b>REST</b>	8/25: <b>REST</b>	8/26: <b>5</b> miles	8/27: <b>5</b> miles	8/28: <b>5</b> miles
WEEK 9	8/29: <b>REST</b>	8/30: <b>4</b> miles	8/31: <b>REST</b>	9/1: <b>4</b> miles	9/2: <b>REST</b>	9/3: <b>6</b> miles	9/4: <b>7</b> miles
WEEK 10	9/5: <b>REST</b>	9/6: <b>3</b> miles	9/7: <b>REST</b>	9/8: <b>REST</b>	9/9: <b>6</b> miles	9/10: <b>7</b> miles	9/11: <b>6</b> miles
WEEK 11	9/12: <b>REST</b>	9/13: <b>4</b> miles	9/14: <b>REST</b>	9/15: <b>5</b> miles	9/16: <b>REST</b>	9/17: <b>7</b> miles	9/18: <b>7</b> miles
WEEK 12	9/19: <b>REST</b>	9/20: <b>3</b> miles	9/21: <b>REST</b>	9/22: <b>REST</b>	9/23: <b>7</b> miles	9/24: <b>8</b> miles	9/25: <b>7</b> miles
WEEK 13	9/26: <b>REST</b>	9/27: <b>4</b> miles	9/28: <b>REST</b>	9/29: <b>5</b> miles	9/30: <b>REST</b>	10/1: <b>8</b> miles	10/2: <b>8</b> miles
WEEK 14	10/3: <b>REST</b>	10/4: <b>3</b> miles	10/5: <b>REST</b>	10/6: <b>REST</b>	10/7: <b>8</b> miles	10/8: <b>9</b> miles	10/9: <b>8</b> miles
WEEK 15	10/10: <b>REST</b>	10/11: <b>3</b> miles	10/12: <b>REST</b>	10/13: <b>5</b> miles	10/14: <b>REST</b>	10/15: <b>9</b> miles	10/16: <b>9</b> miles
WEEK 16	10/17: <b>REST</b>	10/18: <b>3</b> miles	10/19: <b>2</b> miles	10/20: <b>REST</b>	10/21: <b>10</b> miles	10/22: <b>10</b> miles	10/23: <b>10</b> miles

**Listen to your body.** Aches and soreness are different than injuries. Make sure you're drinking at least **64 ounces of water everyday**. Try to train on **varied terrain surfaces** to engage small muscles, tendons, and ligaments. This will also improve stabilization and balance, and might lessen the chance for injury in the long term. **Practice on trails, gravel roads, beaches, grass, track, and treadmills to help you prepare for Hilton Head!**



# PLEDGE ~~THE~~ PINK

## 2022 OFFICIAL 12-WEEK TRAINING SCHEDULE



	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	8/1: <b>REST</b>	8/2: <b>3</b> miles	8/3: <b>REST</b>	8/4: <b>3</b> miles	8/5: <b>REST</b>	8/6: <b>4</b> miles	8/7: <b>4</b> miles
WEEK 2	8/8: <b>REST</b>	8/9: <b>3</b> miles	8/10: <b>REST</b>	8/11: <b>REST</b>	8/12: <b>4</b> miles	8/13: <b>4</b> miles	8/14: <b>4</b> miles
WEEK 3	8/15: <b>REST</b>	8/16: <b>3</b> miles	8/17: <b>REST</b>	8/18: <b>4</b> miles	8/19: <b>REST</b>	8/20: <b>5</b> miles	8/21: <b>5</b> miles
WEEK 4	8/22: <b>REST</b>	8/23: <b>3</b> miles	8/24: <b>REST</b>	8/25: <b>REST</b>	8/26: <b>5</b> miles	8/27: <b>5</b> miles	8/28: <b>5</b> miles
WEEK 5	8/29: <b>REST</b>	8/30: <b>4</b> miles	8/31: <b>REST</b>	9/1: <b>4</b> miles	9/2: <b>REST</b>	9/3: <b>6</b> miles	9/4: <b>7</b> miles
WEEK 6	9/5: <b>REST</b>	9/6: <b>3</b> miles	9/7: <b>REST</b>	9/8: <b>REST</b>	9/9: <b>6</b> miles	9/10: <b>7</b> miles	9/11: <b>6</b> miles
WEEK 7	9/12: <b>REST</b>	9/13: <b>4</b> miles	9/14: <b>REST</b>	9/15: <b>5</b> miles	9/16: <b>REST</b>	9/17: <b>7</b> miles	9/18: <b>7</b> miles
WEEK 8	9/19: <b>REST</b>	9/20: <b>3</b> miles	9/21: <b>REST</b>	9/22: <b>REST</b>	9/23: <b>7</b> miles	9/24: <b>8</b> miles	9/25: <b>7</b> miles
WEEK 9	9/26: <b>REST</b>	9/27: <b>4</b> miles	9/28: <b>REST</b>	9/29: <b>5</b> miles	9/30: <b>REST</b>	10/1: <b>8</b> miles	10/2: <b>8</b> miles
WEEK 10	10/3: <b>REST</b>	10/4: <b>3</b> miles	10/5: <b>REST</b>	10/6: <b>REST</b>	10/7: <b>8</b> miles	10/8: <b>9</b> miles	10/9: <b>8</b> miles
WEEK 11	10/10: <b>REST</b>	10/11: <b>3</b> miles	10/12: <b>REST</b>	10/13: <b>5</b> miles	10/14: <b>REST</b>	10/15: <b>9</b> miles	10/16: <b>9</b> miles
WEEK 12	10/17: <b>REST</b>	10/18: <b>3</b> miles	10/19: <b>2</b> miles	10/20: <b>REST</b>	10/21: <b>10</b> miles	10/22: <b>10</b> miles	10/23: <b>10</b> miles

**Listen to your body.** Aches and soreness are different than injuries. Make sure you're drinking at least **64 ounces of water everyday**. Try to train on **varied terrain surfaces** to engage small muscles, tendons, and ligaments. This will also improve stabilization and balance, and might lessen the chance for injury in the long term. **Practice on trails, gravel roads, beaches, grass, track, and treadmills to help you prepare for Hilton Head!**



## 2022 OFFICIAL 8-WEEK TRAINING SCHEDULE



	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	8/29 <b>REST</b>	8/30 <b>4</b> miles	8/31 <b>REST</b>	9/1 <b>4</b> miles	9/2 <b>REST</b>	9/3 <b>6</b> miles	9/4 <b>7</b> miles
WEEK 2	9/5 <b>REST</b>	9/6 <b>3</b> miles	9/7 <b>REST</b>	9/8 <b>REST</b>	9/9 <b>6</b> miles	9/10 <b>7</b> miles	9/11 <b>6</b> miles
WEEK 3	9/12 <b>REST</b>	9/13 <b>4</b> miles	9/14 <b>REST</b>	9/15 <b>5</b> miles	9/16 <b>REST</b>	9/17 <b>7</b> miles	9/18 <b>7</b> miles
WEEK 4	9/19 <b>REST</b>	9/20 <b>3</b> miles	9/21 <b>REST</b>	9/22 <b>REST</b>	9/23 <b>7</b> miles	9/24 <b>8</b> miles	9/25 <b>7</b> miles
WEEK 5	9/26 <b>REST</b>	9/27 <b>4</b> miles	9/28 <b>REST</b>	9/29 <b>5</b> miles	9/30 <b>REST</b>	10/1 <b>8</b> miles	10/2 <b>8</b> miles
WEEK 6	10/3 <b>REST</b>	10/4 <b>3</b> miles	10/5 <b>REST</b>	10/6 <b>REST</b>	10/7 <b>8</b> miles	10/8 <b>9</b> miles	10/9 <b>8</b> miles
WEEK 7	10/10 <b>REST</b>	10/11 <b>3</b> miles	10/12 <b>REST</b>	10/13 <b>5</b> miles	10/14 <b>REST</b>	10/15 <b>9</b> miles	10/16 <b>9</b> miles
WEEK 8	10/17 <b>REST</b>	10/18 <b>3</b> miles	10/19 <b>2</b> miles	10/20 <b>REST</b>	10/21 <b>10</b> miles	10/22 <b>10</b> miles	10/23 <b>10</b> miles

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# PLEDGE THE PINK

## 2022 OFFICIAL 6-WEEK TRAINING SCHEDULE



	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	9/12 <b>REST</b>	9/13 <b>4</b> miles	9/14 <b>REST</b>	9/15 <b>5</b> miles	9/26 <b>REST</b>	9/17 <b>7</b> miles	9/18 <b>7</b> miles
WEEK 2	9/19 <b>REST</b>	9/20 <b>3</b> miles	9/21 <b>REST</b>	9/22 <b>REST</b>	9/23 <b>7</b> miles	9/24 <b>8</b> miles	9/25 <b>7</b> miles
WEEK 3	9/26 <b>REST</b>	9/27 <b>4</b> miles	9/28 <b>REST</b>	9/29 <b>5</b> miles	9/30 <b>REST</b>	10/1 <b>8</b> miles	10/2 <b>8</b> miles
WEEK 4	10/3 <b>REST</b>	10/4 <b>3</b> miles	10/5 <b>REST</b>	10/6 <b>REST</b>	10/7 <b>8</b> miles	10/8 <b>9</b> miles	10/9 <b>8</b> miles
WEEK 5	10/10 <b>REST</b>	10/11 <b>3</b> miles	10/12 <b>REST</b>	10/13 <b>5</b> miles	10/14 <b>REST</b>	10/15 <b>9</b> miles	10/16 <b>9</b> miles
WEEK 6	10/17 <b>REST</b>	10/18 <b>3</b> miles	10/19 <b>2</b> miles	10/20 <b>REST</b>	10/21 <b>10</b> miles	10/22 <b>10</b> miles	10/23 <b>10</b> miles

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