

2024 OFFICIAL *16-Week* TRAINING SCHEDULE



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

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.