



2024 OFFICIAL *6-Week* TRAINING SCHEDULE

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	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 2	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 3	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 4	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 5	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 6	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.