## 2024 OFFICIAL 8-Week TRAINING SCHEDULE

MON TUES WEDS THURS FRI SAT SUN

WEEK 1

WEEK 2

| $\begin{aligned} & \text { REST } \\ & 8 / 26 \end{aligned}$ | $\underset{8 / 27}{4 \text { MILES }}$ | $\begin{aligned} & \text { REST } \\ & 8 / 28 \end{aligned}$ | $\begin{aligned} & 4 \text { MILES } \\ & 8 / 29 \end{aligned}$ | $\begin{aligned} & \text { REST } \\ & 8 / 30 \end{aligned}$ | 6 MILES <br> 8/31 | 7 MILES <br> 9/1 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \text { REST } \\ & 9 / 2 \end{aligned}$ | 3 MILES <br> 9/3 | $\begin{gathered} \text { REST } \\ 9 / 4 \end{gathered}$ | $\begin{aligned} & \text { REST } \\ & 9 / 5 \end{aligned}$ | $\underset{9 / 6}{6}$ | 7 MILES 9/7 | 6 MILES <br> 9/8 |
| $\begin{aligned} & \text { REST } \\ & 9 / 9 \end{aligned}$ | 4 MILES <br> 9/10 | $\begin{gathered} \text { REST } \\ 9 / 11 \end{gathered}$ | 5 MILES <br> 9/12 | $\begin{aligned} & \text { REST } \\ & 9 / 13 \end{aligned}$ | 7 MILES 9/14 | 7 MILES <br> 9/15 |
| $\begin{aligned} & \text { REST } \\ & 9 / 16 \end{aligned}$ | 3 MILES | $\begin{aligned} & \text { REST } \\ & 9 / 18 \end{aligned}$ | $\begin{aligned} & \text { REST } \\ & 9 / 19 \end{aligned}$ | $\begin{gathered} 7 \text { MILES } \\ 9 / 20 \end{gathered}$ | $\begin{gathered} 8 \text { MILES } \\ 9 / 21 \end{gathered}$ | $\begin{gathered} 7 \text { MILES } \\ 9 / 22 \end{gathered}$ |
| $\begin{aligned} & \text { REST } \\ & 9 / 23 \end{aligned}$ | $\underset{9 / 24}{4 \text { MILES }}$ | $\begin{aligned} & \text { REST } \\ & 9 / 25 \end{aligned}$ | $\begin{gathered} 5 \text { MILES } \\ 9 / 26 \end{gathered}$ | $\begin{aligned} & \text { REST } \end{aligned}$ | $\begin{aligned} & 8 \text { MILES } \\ & 9 / 28 \end{aligned}$ | $\begin{aligned} & 8 \text { MILES } \\ & 9 / 29 \end{aligned}$ |
| $\begin{aligned} & \text { REST } \\ & 9 / 30 \end{aligned}$ | 3 MILES <br> 10/1 | $\begin{aligned} & \text { REST } \\ & \text { 10/2 } \end{aligned}$ | $\begin{aligned} & \text { REST } \\ & \text { 10/3 } \end{aligned}$ | 8 MILES | 9 MILES <br> 10/5 | 8 MILES <br> 10/6 |
| $\begin{aligned} & \text { REST } \\ & \text { 10/7 } \end{aligned}$ | $\begin{gathered} 3 \text { MILES } \\ \text { 10/8 } \end{gathered}$ | $\begin{aligned} & \text { REST } \\ & \text { 10/9 } \end{aligned}$ | $\begin{gathered} 5 \text { MILES } \\ 10 / 10 \end{gathered}$ | $\begin{aligned} & \text { REST } \\ & 10 / 11 \end{aligned}$ | $\underset{10 / 12}{9 \text { MILES }}$ | 9 MILES <br> 10/13 |
| $\begin{aligned} & \text { REST } \\ & \text { 10/14 } \end{aligned}$ | 3 MILES 10/15 | $\underset{\substack{10 / 16}}{2 \text { MILES }}$ | REST <br> 10/17 | 10 MILES 10/18 | 10 MILES <br> 10/19 | 10 MILES <br> 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.