

# 2025 OFFICIAL *16-Week* TRAINING SCHEDULE



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

**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.