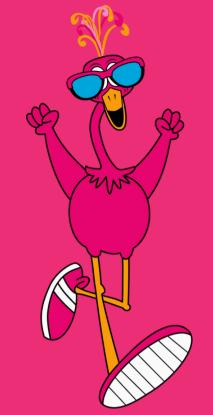


2025 OFFICIAL 6-Week TRAINING SCHEDULE



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