



2025 OFFICIAL *8-Week* TRAINING SCHEDULE

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	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 2	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 3	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 4	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 5	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 6	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 7	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 8	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.