

2026 OFFICIAL *16-Week* TRAINING SCHEDULE



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

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.



2026 OFFICIAL *12-Week* TRAINING SCHEDULE

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

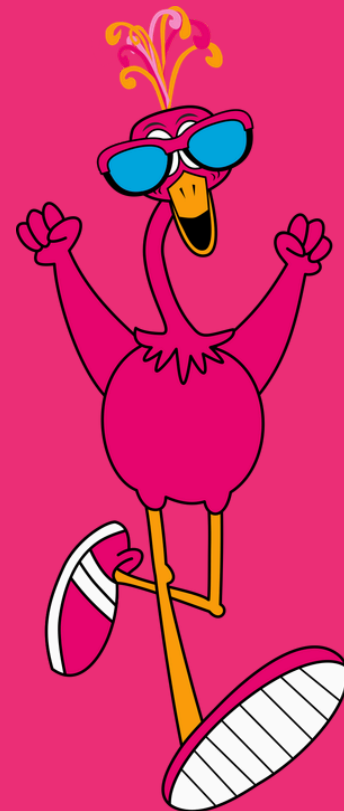
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2026 OFFICIAL *8-Week* TRAINING SCHEDULE

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

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2026 OFFICIAL *6-Week* TRAINING SCHEDULE

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

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