

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	25 minutes	25 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	25 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	1.5-mile run	Rest
2	Optional 25 minutes	1.5 mile	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	30 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	2-mile run	Rest
3	Optional 30 minutes	30 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	30 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	1.5-mile run	Rest
4	Optional 30 minutes	40 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	40 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	2.5-mile run	Rest
5	Optional 30 minutes	45 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	45 minutes	Cross-training day (Core work, swimming, cycling, elliptical, weight lifting)	3-mile run	Rest
6	Optional 30 minutes	45 minutes	Off	30 minutes	Off	Race Day!	Easy 25 to 30 minutes