6 Day/Week Schedule Beginner

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	6/25	S-20	Run-25	B-30	Run-25	S-35	*Off*	B-45
2	7/2	S-20	B - 30	Run-25	S-25	B-45	*Off*	Run-30
3	7/9	S-25	B - 30	Run-25	Run-30	S-30	*Off*	B-45
4	7/16	Run-15	B - 30	B-25	Run-15	B-25	*Off*	S-20
5	7/23	Run-15	S-20	B-30	B-25	Run-20	*Off*	S-25
6	7/30	S-25	B-35	Run-35	B-50	S-30	*Off*	Run-35
7	8/6	S-25	B-35	Run-25	S-30	B-35	*Off*	Run-35
8	8/13	S-30	Run-30	B-45	Run-45	S-35	*Off*	B-60
9	8/20	S-20	B-30	Run-25	B-35	S-20	*Off*	B-55
10	8/27	S-20	Run-30	*Off*	Run-30	B-45	*Off*	S-20
11	9/3	*Off*	B-15	*Off*	S-15	Run-15	*Off*	***Race!!!***
S								
B								
Run		If you are in Cardio Club, those 2 days/week plus your monthly 5K is more than enough run training.						
	Each cell indicates the amount of time you should target for that particular activity on a given day.							

5 Days/Week Beginner

Week	Date	MON	TUE	WED	THU	FRI	SAT	SUN
1	6/25	OFF	Run: 15 min	B: 5 miles	S: 200 yards	OFF	Run: 15 min	B: 5 miles
2	7/2	OFF	S: 200 yds R: 15 min	B: 6 miles	S: 200 yards	OFF	Run: 20 min	B: 8 miles
3	7/9	OFF	S: 200 yds R: 20 min	B: 6 miles	S: 300 yds W: 30min	OFF	Run: 30 min	B: 10 miles
4	7/16	OFF	S: 300 yds R: 20 min	B: 8 miles	S: 300 yds W: 30 min	OFF	Run: 40 min	B: 10 miles
5	7/23	OFF	Run: 20 min	S: 300 yards	BRICK	S: 400 yards	Run: 40 min	B: 12 miles
6	7/30	OFF	Run: 30 min	S: 400 yards	BRICK	S: 400 yards	Run: 40 min	B: 15 miles
7	8/6	OFF	Run: 30 min	S: 400 yards	BRICK	S: 500 yards	Run: 40 min	B: 15M W: 30 min
8	8/13	OFF	Run: 30 min	S: 500 yards	BRICK	S: 500 yards	Run: 50 min	B: 20M W: 30 min
9	8/20	OFF	S: 500 yds R: 30 min	B: 15 miles	S: 600 yds W: 45 min	OFF	Run: 50 min	B: 20M W: 30 min
10	8/27	OFF	S: 600 yds R: 30 min	B: 15 miles	S: 600 yds W: 45 min	OFF	Run: 60 min	B: 20M W: 30 min
11	9/3	OFF	S: 500 yds R: 30 min	B: 15 miles	OFF	S: 200 yds R: 15 min	OFF	**RACE DAY!**
S	S							
B	B							
Run	R	**If you are in Cardio Club, those 2 days/week plus your monthly 5K is more than enough run training.**						

3 Days/Week Beginner

Week	Date	MON	TUE	WED	THU	FRI	SAT*	SUN*
1	6/25	BC R:15 min	**OFF**	BC B: 5 miles	**OFF**	BC S: 200 yds	Run: 15 min	B: 5 miles
2	7/2	BC R:15 min S: 200 yds	**OFF**	BC B: 6 miles	**OFF**	BC S: 200 yds	Run: 20 min	B: 8 miles
3	7/9	BC R:20 min S: 200 yds	**OFF**	BC B: 6 miles	**OFF**	BC S: 300 yds W/R: 30 min	Run: 30 min	B: 10 miles
4	7/16	BC R:20 min S: 300 yds	**OFF**	BC B: 8 miles W/R: 30 min	**OFF**	BC S: 300 yds	Run: 40 min	B: 10 miles
5	7/23	BC R:20 min	**OFF**	BC B: 8 miles S: 300 yds	**OFF**	BC S: 300 yds	Run: 40 min	B: 12 miles
6	7/30	BC R:30 min	**OFF**	BC S: 400 yds	**OFF**	BC B: 10 miles	Run: 40 min	B: 15 miles
7	8/6	BC R:30 min	**OFF**	BC S: 400 yds	**OFF**	BC W/R: 40 min	Run: 40 min	B: 15M W: 30 min
8	8/13	BC R:30 min	**OFF**	BC S: 500 yds	**OFF**	BC B: 12 miles	Run: 50 min	B: 20M W: 30 min
9	8/20	BC R:30 min S: 500 yds	**OFF**	BC B: 15 miles	**OFF**	BC S: 600 yds	Run: 50 min	B: 20M W: 30 min
10	8/27	BC R:30 min S: 600 yds	**OFF**	BC B: 15 miles	**OFF**	BC S: 600 yds	Run: 60 min	B: 20M W: 30 min
11	9/3	BC R:39 min S: 500 yds	**OFF**	BC B: 15 miles	**OFF**	BC S: 250 yds	**OFF**	**RACE DAY!**

Swim	**S**	
Bike	**B**	
Walk	**W**	
Run	**R**	**If you are in Cardio Club, those 2 days/week plus your monthly 5K is more than enough run training.**
	*	**Days are optional and/or activities can be combined into 1 day**