

3 Days/Week Beginner

Week	Date	MON	TUE	WED	THU	FRI	SAT*	SUN*
1	7/21	BC R:15 min	REST	BC B: 5 miles	REST	BC S: 200 yds	Run: 15 min	B: 5 miles
2	7/28	BC R:15 min S: 200 yds	REST	BC B: 6 miles	REST	BC S: 200 yds	Run: 20 min	B: 8 miles
3	8/4	BC R:20 min S: 200 yds	REST	BC B: 6 miles	REST	BC S: 300 yds W/R: 30 min	Run: 30 min	B: 10 miles
4	8/11	BC R:20 min S: 300 yds	REST	BC B: 8 miles W/R: 30 min	REST	BC S: 300 yds	Run: 40 min	B: 10 miles
5	8/18	BC R:20 min	REST	BC B: 8 miles S: 300 yds	REST	BC S: 300 yds	Run: 40 min	B: 12 miles
6	8/25	BC R:30 min	REST	BC S: 400 yds	REST	BC B: 10 miles	Run: 40 min	B: 15 miles
7	9/1	BC R:30 min	REST	BC S: 400 yds	REST	BC W/R: 40 min	Run: 40 min	B: 15M W: 30 min
10	9/8	BC R:40 min S: 500 yds	REST	BC B: 15 miles	REST	BC S: 250 yds	RACE DAY!	REST