

6-WEEK TRAINING PLAN



DAY 1 ½-mile jog, ¼-mile run, ½-mile jog	DAY 2 Rest	DAY 3 ½-mile jog, ¼-mile run, ½-mile jog	DAY 4 Rest	DAY 5 ½-mile jog, ¼-mile run, ½-mile jog	DAY 6 Rest	DAY 7 ½-mile jog, ¼-mile run, ½-mile jog
DAY 8 Rest	DAY 9 ½-mile jog, ½-mile run, ½-mile jog	DAY 10 Rest	DAY 11 ½-mile jog, ½-mile run, ½-mile jog	DAY 12 Rest	DAY 13 ½-mile jog, ½-mile run, ½-mile jog	DAY 14 Rest
DAY 15 ½-mile jog, 1-mile run, ½-mile jog	DAY 16 Rest	DAY 17 ½-mile jog, 1-mile run, ½-mile jog	DAY 18 Rest	DAY 19 ½-mile jog, 1-mile run, ½-mile jog	DAY 20 Rest	DAY 21 ½-mile jog, 1-mile run, ½-mile jog
DAY 22 Rest	DAY 23 ½-mile jog, 1-mile run, ½-mile jog, ½-mile run	DAY 24 Rest	DAY 25 ½-mile jog, 1-mile run, ½-mile jog, ½-mile run	DAY 26 Rest	DAY 27 ½-mile jog, 1-mile run, ½-mile jog, ½-mile run	DAY 28 Rest
DAY 29 ½-mile jog, 1-mile run, 1-mile jog, 0.7-mile run	DAY 30 Rest	DAY 31 ½-mile jog, 1-mile run, 1-mile jog, 0.7-mile run	DAY 32 Rest	DAY 33 ½-mile jog, 1-mile run, 1-mile jog, 0.7-mile run	DAY 34 Rest	DAY 35 ½-mile jog, 1-mile run, 1-mile jog, 0.7-mile run
DAY 36 Rest	DAY 37 1-mile jog, 1-mile run, ½-mile jog, .07-mile run	DAY 38 Rest	DAY 39 1-mile jog, 1-mile run, ½-mile jog, .07-mile run	DAY 40 Rest	DAY 41 Rest	DAY 42 Race Day!