



## 8k to Half to Full Training Plan

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Mileage
1	3/30-4/5	3 m	3 m	3 m	3 m	Cross	12 m
2	4/6-4/12	3 m	3 m	3 m	3 m	Cross	12 m
3	4/13-4/19	3 m	3 m	3 m	4 m	Cross	13 m
4	4/20-4/26	3 m	4 m	3 m	4 m	Cross	14 m
5	4/27-5/3	3 m	4 m	3 m	5 m	Cross	15 m
6	5/4-5/10	3 m	4 m	4 m	6 m	Cross	17 m
7	5/11-5/17	3 m	3m	3 m	4 m	Cross	13 m
8	5/18-5/24	3 m	4 m	3 m	6 m	Cross	16 m
9	5/25-5/31	3 m	5 m	4 m	7 m	Cross	19 m
10	6/1-6/7	4 m	5 m	4 m	9 m	Cross	22 m
11	6/8-6/14	2 m	3 m	3 m	6 m	Cross	14 m
12	6/15-6/21	5 m	6 m	3 m	11 m	Cross	25 m
13	6/22-6/28	3 m	5 m	3 m	<b>8K RACE DAY</b>	Rest	16 m
14	6/29-7/5	4 m	4 m	4 m	10 m	Cross	22 m
15	7/6-7/12	4 m	6 m	4 m	13 m	Cross	27 m
16	7/13-7/19	5 m	6 m	4 m	15 m	Cross	30 m
17	7/20-7/26	4 m	7 m	5 m	16 m	Cross	32 m
18	7/27-8/2	4 m	7 m	4 m	10 m	Cross	25 m
19	8/3-8/9	4 m	6 m	5 m	<b>HALF RACE DAY</b>	Rest	28 m
20	8/10-8/16	3 m	4 m	3 m	7 m	Cross	17 m
21	8/17-8/23	5 m	7 m	5 m	18 m	Cross	35 m
22	8/24-8/30	6 m	9 m	5 m	12 m	Cross	32 m
23	8/31-9/6	5 m	9 m	5 m	20 m	Cross	39 m
24	9/7-9/13	5 m	8 m	4 m	12 m	Cross	29 m
25	9/14-9/20	4 m	6 m	3 m	8 m	Cross	21 m
26	9/21-9/27	3 m	Walk/Cross	2 m	<b>FULL RACE DAY</b>	rest	31 m