



## 10 Miler

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	3 miles	2 miles	Rest	Cross training	2 miles	3 miles	rest
2	3 miles	2 miles	rest	Cross training	2 miles	3 miles	rest
3	4 miles	2 miles	rest	Cross training	3 miles	3 miles	rest
4	5 miles	3 miles	rest	Cross training	4 miles	2 miles	rest
5	6 miles	3 miles	rest	Cross training	5 miles	3 miles	rest
6	7 miles	3 miles	rest	Cross training	5 miles	3 miles	rest
7	7 miles	3 miles	rest	Cross training	5 miles	3 miles	rest
8	8 miles	3 miles	rest	Cross training	5 miles	3 miles	rest
9	10 miles	3 miles	rest	Cross training	3 miles	2 miles	rest
10	6 miles	4 miles	rest	Cross training	4 miles	2 miles	rest
11	7 miles	2 miles	rest	Cross Training	3 miles	3 miles	rest
12	5 miles	3 miles	Cross training	2 miles	rest	rest	Shake up run 2 miles
13	<b>Race Day</b> <b>10 miles</b>	3 miles recovery	rest	rest	2 miles	Cross training	rest