

16-Week Training Plan

Race:

Race Date:

Goal Time:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

WU: warm up | CD: cool down | RP: race pace | ez: easy | x: repeats | M: mile | min: minutes



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Race:

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Goal Time:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5							
Week 6							
Week 7							
Week 8							

WU: warm up | **CD:** cool down | **RP:** race pace | **ez:** easy | **x:** repeats | **M:** mile | **min:** minutes



16-Week Training Plan

Race:

Race Date:

Goal Time:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9							
Week 10							
Week 11							
Week 12							

WU: warm up | **CD:** cool down | **RP:** race pace | **ez:** easy | **x:** repeats | **M:** mile | **min:** minutes



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Race:

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Goal Time:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13							
Week 14							
Week 15							
RACE WEEK!							

WU: warm up | **CD:** cool down | **RP:** race pace | **ez:** easy | **x:** repeats | **M:** mile | **min:** minutes



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