



8k to Half to Full Training Plan

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