



8k to Half to Full Training Plan

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