

SHORELINE 10K RUN TRAINING PROGRAM 2020

WEEK	WEEK DATES	WEEKDAY RUN #1	WEEKDAY RUN #2	WEEKDAY RUN #3	WEEKEND LONG RUN	TOTAL WEEKLY MILEAGE
1	March 16-22	1	1	1	2	5
2	March 23-29	1	1	1	2	5
3	March 30-April 5	1	2	1	2	6
4	April 6-12	1	2	1	2	6
5	April 13-19	1	2	1	3	7
6	April 20-26	1	2	1	3	7
7	April 27-May 3	2	2	1	3	8
8	May 4-10	2	2	1	3	8
9	May 11-17	2	2	2	3	9
10	May 18-24	2	2	2	4	10
11	May 25-31	2	2	2	4	10
12	June 1-7	2	3	2	4	11
13	June 8-14	2	2	2	3	9
14	June 15-21	2	3	2	5	12
15	June 22-28	3	3	2	5	13
16	June 29-July 5	3	3	3	6	15
17	July 6-12	2	3	2	3	10
18	July 13-19	3	2	2	10K RACE JULY 18th	13.2

Weekday runs: there are 3 and should be done in that order. Do them how they work into your schedule. Could be Monday, Wednesday, Thursday or Tuesday, Wednesday, Thursday.

Weekend long run: recommend picking either Saturday or Sunday and taking the day off before and walking or cross-training the day after easy.