

WEEK 1 - Day 1	WEEK 1 - Day 2	WEEK 1 - Day 3	WEEK 1 - Day 4	WEEK 1 - Day 5	WEEK 1 - Day 6	WEEK 1 - Day 7
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 1.	2 Mile Walk or Run	Rest Day	2 Mile Walk or Run	Rest Day	2 Mile Walk or Run	Rest Day
WEEK 2 - Day 8	WEEK 2 - Day 9	WEEK 2 - Day 10	WEEK 2 - Day 11	WEEK 2 - Day 12	WEEK 2 - Day 13	WEEK 2 - Day 14
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 2.	2 Mile Walk or Run	Rest Day	3 Mile Walk or Run	2 Mile Walk or Run	Rest Day	3 Mile Walk or Run
WEEK 3 - Day 15	WEEK 3 - Day 16	WEEK 3 - Day 17	WEEK 3 - Day 18	WEEK 3 - Day 19	WEEK 3 - Day 20	WEEK 3 - Day 21
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 3.	2 Mile Walk or Run	Rest Day	3 Mile Walk or Run	2 Mile Walk or Run	Rest Day	3 Mile Walk or Run
WEEK 4 - Day 22	WEEK 4 - Day 23	WEEK 4 - Day 24	WEEK 4 - Day 25	WEEK 4 - Day 26	WEEK 4 - Day 27	WEEK 4 - Day 28
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 4.	3 Mile Run	2 Mile Run	Rest Day	2 Mile Run	Tempo 3 Workout	2 Mile Run
WEEK 5 - Day 29	WEEK 5 - Day 30	WEEK 5 - Day 31	WEEK 5 - Day 32	WEEK 5 - Day 33	WEEK 5 - Day 34	WEEK 5 - Day 35
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 5.	Tempo 3 Workout	2 Mile Run	400s & 200s	Rest Day	3 Mile Run	Low Tempo Workout

WEEK 6 - Day 36	WEEK 6 - Day 37	WEEK 6 - Day 38	WEEK 6 - Day 39	WEEK 6 - Day 40	WEEK 6 - Day 41	WEEK 6 - Day 42
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 6.	Low Tempo Workout	2 Mile Run	30-30 Fun	Rest Day	Tempo 3 Workout	2 Mile Run
WEEK 7 - Day 43	WEEK 7 - Day 44	WEEK 7 - Day 45	WEEK 7 - Day 46	WEEK 7 - Day 47	WEEK 7 - Day 48	WEEK 7 - Day 49
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 7.	Low Tempo Workout	2 Mile Run	1km Repeats	2 Mile Run	Tempo 3 Workout	2 Mile Run
WEEK 8 - Day 50	WEEK 8 - Day 51	WEEK 8 - Day 52	WEEK 8 - Day 53	WEEK 8 - Day 54	WEEK 8 - Day 55	WEEK 8 - Day 56
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 8.	2 Mile Run	1km Repeats	Rest Day	2 Mile Run	3 Mile Run	2 Mile Run
WEEK 9 - Day 57	WEEK 9 - Day 58	WEEK 9 - Day 59	WEEK 9 - Day 60	WEEK 9 - Day 61	WEEK 9 - Day 62	WEEK 9 - Day 63
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 9.	30-30 Fun	2 Mile Run	1km Repeats	2 Mile Run	Tempo 3 Workout	2 Mile Run
WEEK 10 - Day 64	WEEK 10 - Day 65	WEEK 10 - Day 66	WEEK 10 - Day 67	WEEK 10 - Day 68	WEEK 10 - Day 69	WEEK 10 - Day 70
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 10.	5 Mile Step-Ups	3 Mile Run	Tempo 3 Workout	3 Mile Run	Tempo 6 Workout	2 Mile Run

WEEK 11 - Day 71	WEEK 11 - Day 72	WEEK 11 - Day 73	WEEK 11 - Day 74	WEEK 11 - Day 75	WEEK 11 - Day 76	WEEK 11 - Day 77
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 11.	30-30 Fun	3 Mile Run	High Tempo 3 Workout	2 Mile Run	Rest Day	2 Mile Run
WEEK 12 - Day 78	WEEK 12 - Day 79	WEEK 12 - Day 80	WEEK 12 - Day 81	WEEK 12 - Day 82	WEEK 12 - Day 83	WEEK 12 - Day 84
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 12.	Tempo 3 Workout	2 Mile Run	400s & 200s	Rest Day	3 Mile Run	Low Tempo Workout
WEEK 13 - Day 85	WEEK 13 - Day 86	WEEK 13 - Day 87	WEEK 13 - Day 88	WEEK 13 - Day 89	WEEK 13 - Day 90	WEEK 13 - Day 91
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 13.	400s & 200s	2 Mile Run	Tempo 3 Workout	Rest Day	3 Mile Run	3 Mile Run
WEEK 14 - Day 92	WEEK 14 - Day 93	WEEK 14 - Day 94	WEEK 14 - Day 95	WEEK 14 - Day 96	WEEK 14 - Day 97	WEEK 14 - Day 98
Rest Day  Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 14.	Taper Fartlek	Rest Day	2 Mile Run	Rest Day	Rest Day	Rest Day