

# 17 to 13 Weeks Out

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	40 to 45 Minute Fartlek	Cross Training or Day Off	60 Minutes easy Hills	Day Off	10 miles	25 Minutes or Cross Training
55 Minutes	40 to 45 Minute Fartlek	Cross Training or Day Off	45 Minutes	30 Minutes or Day Off	13 Miles	25 Minutes Walk Run
25 Minutes or Cross Training	35 to 45 Minutes	Cross Training or Day Off	45 Minutes	Day Off	14 Miles	25 Minutes or Cross Training
60 Minutes	40 to 45 Minutes	Cross Training or Day Off	Day Off	Day Off	15 Miles	25 Minutes or Cross Training
50 Minutes	45 Minute Fartlek	Cross Training or Day Off	55 Minutes	Day Off	17 Miles	25 Minutes or Cross Training
60 Minutes – Very Easy						