

# 16 MI WALK OR RUN

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	R/S	1 mi	A-R	1 mi	A-R	R/S	2 mi
2	R/S	2 mi	A-R	2 mi	A-R	R/S	3 mi
3	R/S	3 mi	A-R	3 mi	A-R	R/S	3 mi
4	R/S	3 mi	A-R	3 mi	A-R	R/S	4 mi
5	R/S	4 mi	A-R	4 mi	A-R	R/S	6 mi
6	R/S	4 mi	A-R	4 mi	A-R	R/S	5 mi
7	R/S	4.5 mi	A-R	4.5 mi	A-R	R/S	8 mi
8	R/S	4.5 mi	A-R	4.5 mi	A-R	R/S	10 mi
9	R/S	5 mi	A-R	5 mi	A-R	R/S	8 mi
10	R/S	5 mi	A-R	5 mi	A-R	R/S	10 mi
11	R/S	4 mi	A-R	4 mi	A-R	R/S	12 mi
12	R/S	2 mi	A-R	2 mi	A-R	R/S	14 mi
13	R/S	3 mi	A-R	3 mi	A-R	R/S	6 mi
14	R/S	3 mi	A-R	3 mi	A-R	R/S	16 mi

**A-R**= Active Recovery, movement that is easier/shorter/different than your mile days  
 Examples: weight training, yoga, incline/hill training, biking, swimming, or walking

**R/S**= Rest and Stretch



**RUN  
FOR HER**

# 8 MI WALK OR RUN

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	R/S	1 mi	A-R	1 mi	A-R	R/S	1 mi
2	R/S	1 mi	A-R	1 mi	A-R	R/S	2 mi
3	R/S	1 mi	A-R	1 mi	A-R	R/S	2 mi
4	R/S	1.5 mi	A-R	1.5 mi	A-R	R/S	3 mi
5	R/S	1.5 mi	A-R	1.5 mi	A-R	R/S	3 mi
6	R/S	2 mi	A-R	2 mi	A-R	R/S	4 mi
7	R/S	2 mi	A-R	2 mi	A-R	R/S	4 mi
8	R/S	3.5 mi	A-R	3.5 mi	A-R	R/S	3 mi
9	R/S	3.5 mi	A-R	3.5 mi	A-R	R/S	5 mi
10	R/S	3.5 mi	A-R	3.5 mi	A-R	R/S	5 mi
11	R/S	3 mi	A-R	3 mi	A-R	R/S	6 mi
12	R/S	1 mi	A-R	1 mi	A-R	R/S	7 mi
13	R/S	1.5 mi	A-R	1.5 mi	A-R	R/S	3mi
14	R/S	2 mi	A-R	2 mi	A-R	R/S	8 mi

**A-R**= Active Recovery, movement that is easier/shorter/different than your mile days  
 Examples: weight training, yoga, incline/hill training, biking, swimming, or walking

**R/S**= Rest and Stretch



**RUN  
FOR HER**