



Week	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
1/9	Rest	Day 1—15 min.	Rest	20 min.	Rest	25 min.	Rest or Cross Train
1/16	Rest	15 min.	Rest	25 min.	Rest	25 min.	Rest or Cross Train
1/23	Rest	20 min.	Rest	30 min.	Rest	35 min.	Rest or Cross Train
1/30	Rest	20 min.	Rest	30 min.	Rest	35 min.	Rest or Cross Train
2/6	Rest	20 min.	Rest	35 min.	Rest	40 min.	Rest or Cross Train
2/13	Rest	25 min.	Rest	35 min.	Rest	40 min.	Rest or Cross Train
2/20	Rest	30 min.	Rest	40 min.	Rest	45 min.	Rest or Cross Train
2/27	Rest	30 min.	Rest	40 min.	Rest	50 min.	Rest or Cross Train
3/5	Rest	20 min.	Rest	30 min.	Rest	30 min.	Rest or Cross Train
3/12	20 min.	Rest	30 min.	Rest	Rest	8k RACE	

Notes:

1. The 9 week training period begins January 9, 2012
2. Your schedule incorporates 3 days a week of running or walking, 3 days of rest, and 1 day of rest OR cross training. Cross training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross training. The schedule only lists Sunday as a cross training day, however you can cross train on any of your "rest" days.
3. The longer distances on Saturdays are the key workouts. This should be done at a pace that allows you to carry on a reasonable conversation without huffing and puffing. If Saturday is not convenient for your longer run or walk, move it to a different day and adjust the rest of the week accordingly.
4. HAVE FUN! Get excited for a fun, and enjoyable race experience! If you have any questions regarding the schedule or the race in general, please contact Kristyn Hedley at (757) 412-1056 or Kristyn@jandaracinginc.com.