SUN UP TO SUN DOWN

TRAINING PLAN

	WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	NOV 24	CROSS TRAINING	4 MILES	CROSS TRAINING	5 MILES		8 MILES EASY	4 MILES
2	DEC 1	CROSS TRAINING FOCUS ON CORE/FLEXIBILITY	5 MILES	CROSS TRAINING	6 MILES		2 x 5K WITH 20 MIN. BETWEEN	5 MILES
3	DEC 8	CROSS TRAINING	6 MILES	CROSS TRAINING	5 MILES		10 MILES	5 MILES
4	DEC 15	CROSS TRAINING	6 MILES	CROSS TRAINING	6 MILES		12 MILES	6 MILES
5	DEC 22	CROSS TRAINING	7 MILES	CROSS TRAINING	6 MILES		3 x 5K WITH 20 MIN. BETWEEN	6 MILES
6	DEC 29	CROSS TRAINING	6 MILES	CROSS TRAINING	6 MILES			4 MILES
7	JAN 5	CROSS TRAINING	8 MILES	CROSS TRAINING	6 MILES		14 MILES EASY	6 MILES
8	JAN 12	CROSS TRAINING	6 MILES	CROSS TRAINING	6 MILES		4 x 5K WITH 20 MIN. BETWEEN	5 MILES
9	JAN 19	CROSS TRAINING	6 MILES	CROSS TRAINING	8 MILES		15 MILES	4 MILES
10	JAN 26	CROSS TRAINING	5 MILES	CROSS TRAINING	4 MILES		8 MILES	3 MILES
11	FEB 2	CROSS TRAINING	4 MILES	CROSS TRAINING	3 MILES		**SUN UP TO SUN DOWN 50K**	