

15K TRAINING PLAN

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Yoga	3 miles	Strength	2 miles	Cross Training	3 miles	REST
Week 2	Yoga	3 miles	Strength	3 miles	Cross Training	4 miles	REST
Week 3	Yoga	3 miles	Strength	3 miles	Cross Training	5 miles	REST
Week 4	Yoga	3 miles	Strength	4 miles	Cross Training	6 miles	REST
Week 5	Yoga	4 miles	Strength	3 miles	Cross Training	4 miles	REST
Week 6	Yoga	4 miles	Strength	4 miles	Cross Training	6 miles	REST
Week 7	Yoga	4 miles	Strength	5 miles	Cross Training	7 miles	REST
Week 8	Yoga	4 miles	Strength	4 miles	Cross Training	5 miles	REST
Week 9	Yoga	5 miles	Strength	5 miles	Cross Training	8 miles	REST
Week 10	Yoga	4 miles	Strength	4 miles	Cross Training	7 miles	REST
Week 11	Yoga	4 miles	Strength	3 miles	Cross Training	5 miles	REST
Week 12	Yoga	3 miles	Strength	2 miles	Rest	RACE!	REST