

15k Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Active Recovery (Optional 2 miles)	2 miles	Strength Training	3 miles	Cross Training	3 miles	Rest
Week 2	Active Recovery (Optional 2 miles)	3 miles	Strength Training	3 miles	Cross Training	4 miles	Rest
Week 3	Active Recovery (Optional 2 miles)	3 miles	Strength Training	4 miles	Cross Training	5 miles	Rest
Week 4	Active Recovery (Optional 2 miles)	4 miles	Strength Training	4 miles	Cross Training	6 miles	Rest
Week 5	Active Recovery (Optional 2 miles)	4 miles	Strength Training	5 miles	Cross Training	7 miles	Rest
Week 6	Active Recovery (Optional 2 miles)	4 miles	Strength Training	5 miles	Cross Training	8 miles	Rest
Week 7	Active Recovery (Optional 2 miles)	4 miles	Strength Training	3 miles	Cross Training	5 miles	Rest
Week 8	Active Recovery	3 miles	Cross Training	2 miles	Rest	15k Race!	