

2017/18 Challenge Schedule



WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	10/2 30-45 min	10/3 rest or x-train	10/4 30 - 45 min	10/5 30 - 45 min	10/6 x-train 40 - 60 min	10/7 2 - 4 miles	10/8 rest
2	10/9 30-45 min	10/10 rest or x-train	10/11 30 - 45 min	10/12 30 - 45 min	10/13 x-train 40 - 60 min	10/14 3 - 5 miles	10/15 rest
3	10/16 30-45 min	10/17 rest or x-train	10/18 30 - 45 min	10/19 30 - 45 min	10/20 x-train 40 - 60 min	10/21 3 - 6 miles	10/22 rest
4	10/23 30-45 min	10/24 rest or x-train	10/25 30 - 45 min	10/26 30 - 45 min	10/27 x-train 40 - 60 min	10/28 3 - 4 miles	or 10/29 LACC
5	10/30 30-45 min	10/31 rest or x-train	11/1 30 - 50 min	11/2 30 - 45 min	11/3 x-train 40 - 60 min	11/4 4 - 7 miles	11/5 rest
6	11/6 30-45 min	11/7 rest or x-train	11/8 30 - 50 min	11/9 30 - 45 min	11/10 x-train 40 - 60 min	11/11 3 - 5 miles	11/12 rest
7	11/13 30-45 min	11/14 rest or x-train	11/15 30 - 50 min	11/16 30 - 45 min	11/17 x-train 40 - 60 min	11/18 5 - 8 miles	11/19 rest
8	11/20 30-45 min	11/21 rest or x-train	11/22 30 - 50 min	11/23 30 - 45 min	11/24 x-train 40 - 60 min	Thanksgiving	11/26 rest
9	11/27 30-45 min	11/28 rest or x-train	11/29 30 - 50 min	11/30 30 - 45 min	12/1 x-train 40 - 60 min	12/2 6 - 9 miles	12/3 or combo
10	12/4 30-45 min	12/5 rest or x-train	12/6 30 - 50 min	12/7 30 - 45 min	12/8 x-train 40 - 60 min	12/9 4 - 6 miles	12/10 rest
11	12/11 30-45 min	12/12 rest or x-train	12/13 30 - 55 min	12/14 30 - 45 min	12/15 x-train 40 - 60 min	12/16 6 - 10 miles	12/17 or combo
12	12/18 30-45 min	12/19 rest or x-train	12/20 30 - 55 min	12/21 30 - 45 min	12/22 x-train 40 - 60 min	12/23 4 - 6 miles	12/24 rest
13	12/25 30-45 min	12/26 rest or x-train	12/27 30 - 55 min	12/28 30 - 45 min	12/29 x-train 40 - 60 min	12/30 7 - 11 miles	12/31 or combo
14	1/1 30-45 min	1/2 rest or x-train	1/3 30 - 55 min	1/4 30 - 45 min	1/5 x-train 40 - 60 min	1/6 5 - 7 miles	1/7 rest
15	1/8 30-45 min	1/9 rest or x-train	1/10 30 - 55 min	1/11 30 - 45 min	1/12 x-train 40 - 60 min	1/13 8 - 10 miles	1/14 or combo
16	1/15 30-45 min	1/16 rest or x-train	1/17 30 - 55 min	1/18 30 - 45 min	1/19 x-train 40 - 60 min	1/20 5 - 7 miles	1/21 rest
17	1/22 30-45 min	1/23 rest or x-train	1/24 30 - 60 min	1/25 30 - 45 min	1/26 x-train 40 - 60 min	1/27 9 - 11 miles	1/28 or combo
18	1/29 30-45 min	1/30 rest or x-train	1/31 30 - 60 min	2/1 30 - 45 min	2/2 x-train 40 - 60 min	2/3 6 - 8 miles	2/4 rest
19	2/5 30-45 min	2/6 rest or x-train	2/7 30 - 60 min	2/8 30 - 45 min	2/9 x-train 40 - 60 min	2/10 10 - 12 miles	2/11 or combo
20	2/12 30-45 min	2/13 rest or x-train	2/14 30 - 60 min	2/15 30 - 45 min	2/16 x-train 40 - 60 min	2/17 6 - 8 miles	2/18 rest
21	2/19 30-45 min	2/20 rest or x-train	2/21 30 - 60 min	2/22 30 - 45 min	2/23 x-train 40 - 60 min	2/24 10 - 13 miles	2/25 or combo
22	2/26 30-45 min	2/27 rest or x-train	2/28 30 - 60 min	3/1 30 - 45 min	3/2 x-train 40 - 60 min	3/3 6 - 8 miles	3/4 rest
23	3/5 30-45 min	3/6 rest or x-train	3/7 30 - 45 min	3/8 30 - 45 min	3/9 x-train 40 - 60 min	3/10 6 - 7 miles	3/11 rest
24	3/12 easy 30 min	3/13 rest	3/14 easy 30 min	3/15 easy 25 min	3/16 rest	3/17 LA WKND	3/18 MARATHON

REST, X TRAIN OR EASY RUN DAY BEFORE & AFTER WEEKEND LONGER RUNS

For combo runs add 2-3 miles to total scheduled mileage. Example: long runs of 15 miles, go for 11-12 miles on Saturday and 6 miles on Sunday. So for scheduled run of 15 miles you will 17 - 18 miles over 2 back to back days.