

2018/19 Charity Challenge



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