

2021 Charity Challenge



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