

2022 Charity Challenge



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

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

For combo runs add 2-3 miles to total scheduled mileage / run 6 miles on Sunday. 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.