



MILKY WAY 26K TRAINING SCHEDULE

We're proud of you for taking the 26K challenge! This schedule is a great place to start.

Week Of	MON	TUE	WED	THU	FRI	SAT	SUN
January 15						3	
January 22		2	3	3		4	
January 29		2	3	2		5	
February 5		2	3	4		6	
February 12		5	3	4		6	
February 19		5	3	4		7	
February 26		5	3	5		8	
March 5		7	3	4		10	
March 12		6	3	5		12	
March 19		6	4	5		13	
March 26		6	4	6		10	
April 2		4	3	5		6	
RACE WEEK!	4	3		3		26K!	

All days are shown in miles. Don't worry about how fast you run or walk! Just be sure to cover the distance. Rest days are as important as training days, give your muscles time to recover and return the next day even stronger!

SEE YOU AT THE INVASION!