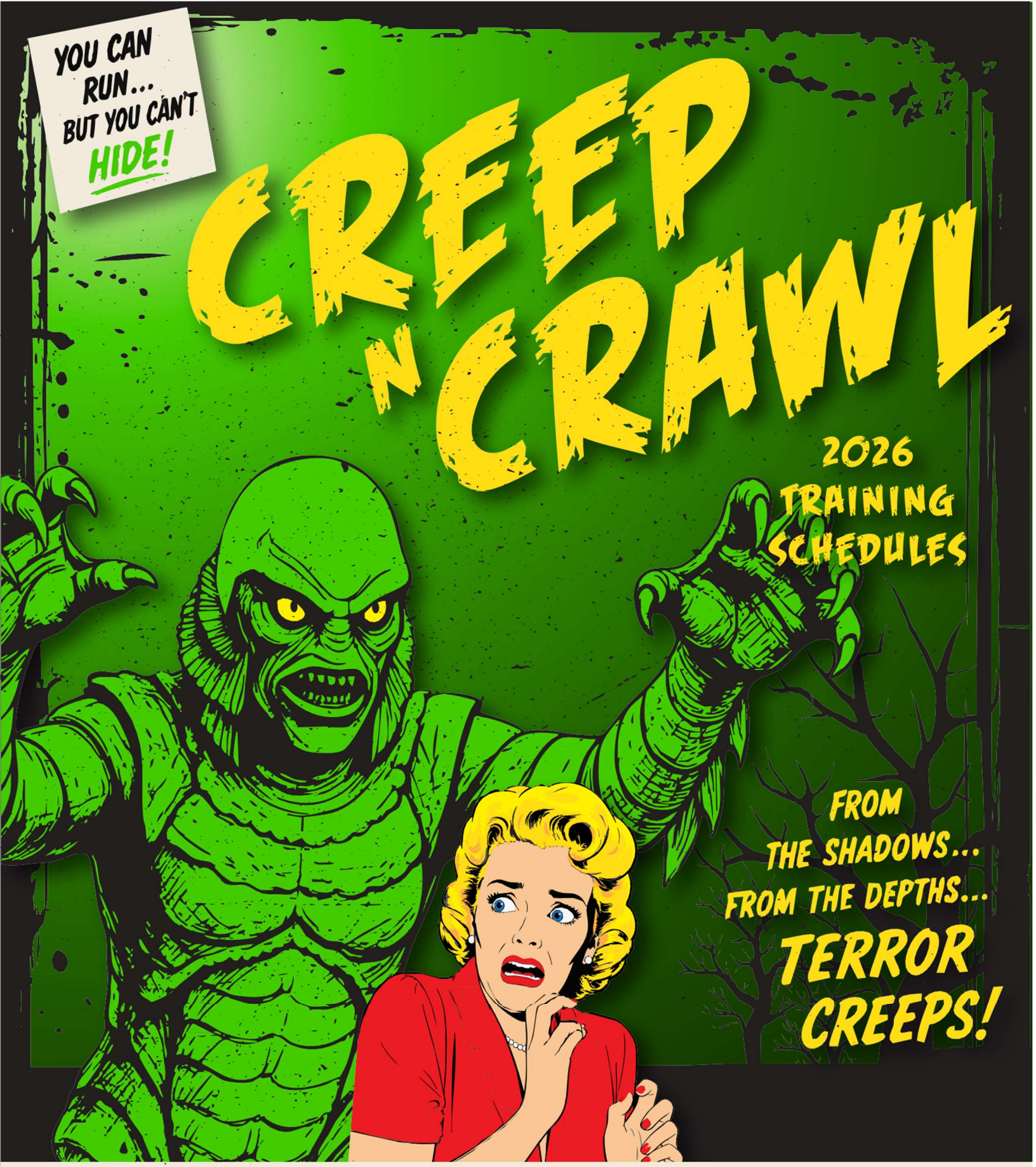


IN BLOODCURDLING HORROR-SCOPE!

A CHILLING NEW SHOCKER!

Half Marathon Schedule *(written in miles)*

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	6/22-6/28/26	2	2	off	2	off	3	off	9
2	6/29-7/5/26	2	3	off	2	off	3	off	10
3	7/6-7/12/26	2	2	off	3	off	4	off	11
4	7/13-7/19/26	3	2	off	3	off	4	off	12
5	7/20-7/26/26	3	2	off	3	off	6	off	14
6	7/27-8/2/26	3	2	2	3	off	6	off	16
7	8/3-8/9/26	3	3	3	3	off	4	off	16
8	8/10-8/16/26	3	4	off	3	off	6	off	16
9	8/17-8/23/26	3	3	off	3	off	8	off	17
10	8/24-8/30/26	3	2	3	2	off	8	off	18
11	8/31-9/6/26	3	4	off	4	off	8	off	19
12	9/7-9/13/26	3	2	3	2	off	10	off	20
13	9/14-9/20-26	3	4	3	3	off	8	off	21
14	9/21-9/27/26	3	4	off	4	off	10	off	21
15	9/28-10/4/26	3	4	3	4	off	6	off	20
16	10/5-10/11/26	3	3	off	3	off	12	off	21
17	10/12-10/18/26	3	2	3	2	off	8	off	18
18	10/19-10/25/26	3	3	off	3	off	6	off	15
19	10/26-11/1/26	2	2	off	2	off	13.1	off	19.1
post race	11/2-11/8/26	off	1	off	1	off	2	off	4
post race	11/9-11/15/26	1.5	1.5	off	1.5	off	3	off	7.5
post race	11/16-11/22/26	off	1.5	2	off	1.5	off	4	9
								Total	333.6

Before beginning any training program or participating in this event, please consult with your physician or other qualified healthcare professional to determine if it is appropriate for your individual health and fitness level.

10K Schedule *(written in miles)*

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/10-8/16/26	2	1	off	2	off	2	off	7
2	8/17-8/23/26	2	2	off	2	off	2	off	8
3	8/24-8/30/26	2	2	off	2	off	3	off	9
4	8/31-9/6/26	2	2	2	1	off	3	off	10
5	9/7-9/13/26	2	3	2	2	off	3	off	12
6	9/14-9/20-26	3	2	3	2	off	4	off	14
7	9/21-9/27/26	3	2	off	3	off	4	off	12
8	9/28-10/4/26	3	3	2	3	off	4	off	15
9	10/5-10/11/26	3	3	off	3	off	6	off	15
10	10/12-10/18/26	3	3	2	3	off	6	off	17
11	10/19-10/25/26	2	2	3	2	off	4	off	13
12	10/26-11/1/26	2	3	off	2	off	6.2	off	13.2
post race	11/2-11/8/26	off	off	2	2	off	2	off	6
post race	11/9-11/15/26	2	off	2	2	off	2	off	8
post race	11/16-11/22/26	3	2	off	2	off	2	off	9
								Total	168.2

5K Schedule *(written in miles)*

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/7-9/13/26	1	1	1	1.5	off	1	off	5.5
2	9/14-9/20-26	1.5	1	off	1.5	off	2	off	6
3	9/21-9/27/26	1.5	1.5	off	2	off	2	off	7
4	9/28-10/4/26	2	2	off	2.5	off	2	off	8.5
5	10/5-10/11/26	2	2	off	2	off	3	off	9
6	10/12-10/18/26	2	2	off	2	off	4	off	10
7	10/19-10/25/26	2	3	off	2	off	3	off	10
8	10/26-11/1/26	1	1	off	1	off	3.1	off	6.1
								Total	89.6

Before beginning any training program or participating in this event, please consult with your physician or other qualified healthcare professional to determine if it is appropriate for your individual health and fitness level.