|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | ***Mon*** | ***Tues*** | ***Wed*** | ***Thurs*** | ***Fri*** | ***Sat*** | ***Sun*** |
|  | | | | | | | | | |
| **Week 1** | ***Novice*** |  | Rest | 3 miles | Rest | 3 miles | Rest | 4 miles | Cross |
|  | ***Intermediate*** |  | Rest | 3 miles | 4 miles | Rest | 3 miles | 4 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 2** | ***Novice*** |  | 3 miles | Rest | 4 miles | 4 miles | Rest | 4 miles | Cross |
|  | ***Intermediate*** |  | 3 miles | 5 miles | 3 miles | Rest | 4 miles @ pace | 6 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 3** | ***Novice*** |  | 4 miles | Cross | 4 miles | 4 miles | Rest | 5 miles | Cross |
|  | ***Intermediate*** |  | 3 miles | 5 miles | 3 miles | Rest | 3 miles | 5 miles | Cross+strength |
|  |  |  |  |  |  |  |  |  |  |
| **Week 4** | ***Novice*** |  | 4 miles | Cross | 5 miles | 4 miles | Rest | 4 miles | Cross |
|  | ***Intermediate*** |  | 3 miles | 5 miles | 3 miles | Rest | 4 miles @ pace | 7 miles | Cross+strength |
|  |  |  |  |  |  |  |  |  |  |
| **Week 5** | ***Novice*** |  | 4 miles | Cross | 5 miles | 4 miles | Rest | 6 miles | Cross |
|  | ***Intermediate*** |  | 3 miles | 5 miles | 3 miles | Rest | 4 miles | 9 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 6** | ***Novice*** |  | 4 miles | Cross | 6 miles | 5 miles | Rest | 8 miles | Cross |
|  | ***Intermediate*** |  | 3 miles | 6 miles | 3 miles | Rest | 4 miles @ pace | 6 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 7** | ***Novice*** |  | 5 miles | Cross | 6 miles | 5 miles | Rest | 10 miles | Cross |
|  | ***Intermediate*** |  | 4 miles | 6 miles | 4 miles | Rest | 5 miles @ pace | 9 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 8** | ***Novice*** |  | 5 miles | Cross | 5 miles | 5 miles | Rest | 7 miles | Cross |
|  | ***Intermediate*** |  | 4 miles | 6 miles | 4 miles | Rest | 5 miles | 11 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 9** | ***Novice*** |  | 4 miles | Cross | 7 miles | 5 miles | Rest | 9 miles | Cross |
|  | ***Intermediate*** |  | 4 miles | 7 miles | 4 miles | Rest | 6 miles @ pace | 8 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 10** | ***Novice*** |  | 3 miles | Cross | 5 miles | 4 miles | Rest | 11 miles | Cross |
|  | ***Intermediate*** |  | 4 miles | 6 miles | 4 miles | Rest | 6 miles | 12 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 11** | ***Novice*** |  | 3 miles | Cross | 4 miles | 4 miles | Rest | 6 miles | Cross |
|  | ***Intermediate*** |  | 4 miles | 7 miles | 4 miles | Rest | 6 miles @ pace | 6 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 12** | ***Novice*** |  | 4 miles | Cross | Rest | 4 miles | 3 miles | Rest | **1/2 Mar. Day** |
|  | ***Intermediate*** |  | 4 miles | 6 miles | 4 miles | 4 miles | Rest | 3 miles |
|  |  |  |  |  |  |  |  |  |  |
| **Recovery** | ***Novice*** |  | Rest | Cross | 20 min | 3 miles | Rest | 4 miles | Cross |
|  | ***Intermediate*** |  | Cross | 20 min | Rest | 30 min | 30 min | Rest | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Recovery** | ***Novice*** |  | Rest | 3 miles | 30-45 min | 3 miles | Rest | 6 miles | Cross |
|  | ***Intermediate*** |  | 3 miles | 5 miles | 3 miles | Rest | 4 miles | 3 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |