

20-Week Training Plan

Race:

Race Date:

Goal Time:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|---------|-----------|----------|--------|----------|--------|
| Week 1 | | | | | | | |
| Week 2 | | | | | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | | | |

WU: warm up | CD: cool down | RP: race pace | ez: easy | x: repeats | M: mile | min: minutes

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|--------|--------|---------|-----------|----------|--------|----------|--------|
| Week 5 | | | | | | | |
| Week 6 | | | | | | | |
| Week 7 | | | | | | | |
| Week 8 | | | | | | | |

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| Week 9 | | | | | | | |
| Week 10 | | | | | | | |
| Week 11 | | | | | | | |
| Week 12 | | | | | | | |

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| Week 13 | | | | | | | |
| Week 14 | | | | | | | |
| Week 15 | | | | | | | |
| Week 16 | | | | | | | |

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| Week 17 | | | | | | | |
| Week 18 | | | | | | | |
| Week 19 | | | | | | | |
| RACE WEEK! | | | | | | | |

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