

# 3 Days Per Week Training Plan

Race Date:

Goal Time:

**Week:**

Run 1:

Run 2:

Run 3:

Total miles:

**Week:**

Run 1:

Run 2:

Run 3:

Total miles:

**Week:**

Run 1:

Run 2:

Run 3:

Total miles:

**Week:**

Run 1:

Run 2:

Run 3:

Total miles:



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