



Ray Miller 30k

December 1, 2018

week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
8/18	Off	2	2	3	Off	5	O	13
8/25	Off	2	2	3	Off	6	P	13
9/1	Off	3	3	3	Off	7	T	16
9/8	Off	4	3	4 F	Off	4 / 6	I	15
9/15	Off	3	3	5 F	Off	6 / 8	O	17
9/22	Off	4	3	3 F	Off	7 / 9	N	17
9/29	Off	5	3H	4 F	Off	8 / 10	A	20
10/6	Off	4	4H	5 F	Off	5 / 7	L	18
10/13	Off	5	3H	3 F	Off	8 / 10	O	18
10/20	Off	6	5H	4 F	Off	12 / 14	P	25
10/27	Off	5	3H	3 F	Off	7 / 9	T	18
11/3	Off	4	6H	5 F	Off	10 / 12	I	25
11/10	Off	5	4H	3 F	Off	13	O	25
11/17	Off	4	6 H	6 F	Off	8 / 10	N	24
11/24	Off	4	5	4 F	Off	6 / 8	A	19
12/1	off				off	18 race day	L	

Optional = if you want to do some hike is ok

H = Hills

F = Fast

If this is not your first 25K you can add 2 miles to every long run. 4/6 = run 6 miles instead of 4 miles

Always train on terrain similar of your race.