13.1 MILE BEGINNER

| WEEK | mon 1.0 MILES | tues 1.0 MILES | weds Recovery | THURS 1.0 MILES | FRI | sat 1.5 MILES | sun Recovery |
|------|------------------|-------------------|------------------|--------------------|----------|------------------|-----------------|
| 2 | 1.0 MILES | 2.0 MILES | RECOVERY | 2.0 MILES | RECOVERY | 2.0 MILES | RECOVERY |
| 3 | 2.0 MILES | 2.0 MILES | RECOVERY | 2.0 MILES | RECOVERY | 3.0 MILES | RECOVERY |
| 4 | 2.0 MILES | 3.0 MILES | RECOVERY | 3.0 MILES | RECOVERY | 4.0 MILES | RECOVERY |
| 5 | 3.0 MILES | 4.0 MILES | RECOVERY | 4.0 MILES | RECOVERY | 5.0 MILES | RECOVERY |
| 6 | 4.0 MILES | 5.0 MILES | RECOVERY | 5.0 MILES | RECOVERY | 6.0 MILES | RECOVERY |
| 7 | 4.0 MILES | 5.0 MILES | RECOVERY | 5.0 MILES | RECOVERY | 7.0 MILES | RECOVERY |
| 8 | 4.0 MILES | 5.0 MILES | RECOVERY | 5.0 MILES | RECOVERY | 8.0 MILES | RECOVERY |
| 9 | 4.0 MILES | 5.0 MILES | RECOVERY | 4.0 MILES | RECOVERY | IO.O MILES | RECOVERY |
| 10 | RECOVERY | 4.0 MILES | RECOVERY | 4.0 MILES | RECOVERY | 12.0 MILES | RECOVERY |
| 11 | RECOVERY | 4.0 MILES | RECOVERY | 3.0 MILES | RECOVERY | 6.0 MILES | RECOVERY |
| 12 | 3.0 MILES | 4.0 MILES | RECOVERY | 3.0 MILES | RECOVERY | ROCKYRUN | RECOVERY |