

If running 2-miles for your first workout seems too difficult, begin with the 5K program to build endurance.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Stretch & strength	2-mile run	30 min. cross-train	2-mile run & strength	Rest	2-mile run	30 min. cross-train
2	Stretch & strength	3-mile run	30 min. cross-train	2-mile run & strength	Rest	3-mile run	30 min. cross-train
3	Stretch & strength	3-mile run	35 min. cross-train	2-mile run & strength	Rest	4-mile run	30 min. cross-train
4	Stretch & strength	2-mile run	35 min. cross-train	2-mile run & strength	Rest	2-mile run	40 min. cross-train
5	Stretch & strength	4-mile run	40 min. cross-train	3-mile run & strength	Rest	5-mile run	40 min. cross-train
6	Stretch & strength	4-mile run	40 min. cross-train	3-mile run & strength	Rest	6-mile run	50 min. cross-train
7	Stretch & strength	3-mile run	45 min. cross-train	3-mile run & strength	Rest	4-mile run	50 min. cross-train
8	Stretch & strength	5-mile run	45 min. cross-train	3-mile run & strength	Rest	7-mile run	60 min. cross-train
9	Stretch & strength	5-mile run	45 min. cross-train	3-mile run & strength	Rest	8-mile run	60 min. cross-train
10	Stretch & strength	3-mile run	30 min. cross-train	2-mile run & strength	Rest	Rest	<b>15K Race</b>