

Christina's Training Plan / Phase 1-3

Week Beginning	Day 1	Day 2	Day 3	Day 4	Weekly Total	Goals
4/17/17	2	2	3		7	Phase I: Build Consistency *Get in the habit of running *Concentrate on Warm-Ups & Stretches *Integrate Power Exercises
4/24/17	2	2	3		7	
5/1/17	3	2	3		8	
5/8/17	3	2	3		8	
5/15/17	3	2	4		9	Phase II: Build Base Miles
5/22/17	3	2	4		9	
5/29/17	3	3	4		10	
6/5/17	3	3	4		10	
6/12/17	3	3	5		11	
6/19/17	3	3	5		11	
6/26/17	3	2	2	4	11	Phase III: Build Commitment!
7/3/17	3	2	3	4	12	
7/10/17	3	2	2	5	12	
7/17/17	2	2	3	4	11	