

2019 WACO STRIDER'S BEARATHON TRAINING SCHEDULE

Week of:	Saturday*	Sunday	Monday*	Tuesday	Wednesday*	Thursday	Friday
January 12, 2019	3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
January 19, 2019	4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
January 26, 2019	5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 2, 2019	6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 9, 2019	7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 16, 2019	8 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 23, 2019	9 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
March 2, 2019	10 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
March 9, 2019	12 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
March 16, 2019	6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
March 23, 2019 (Race Day)	13.1 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest

X-train days can be:

Weights, Aerobic class, Swimming, Biking , Yoga, etc...

* Waco Strider Group runs