

2020 WACO STRIDER'S BEARATHON TRAINING SCHEDULE

Week of:	Saturday*	Sunday	Monday*	Tuesday	Wednesday*	Thursday	Friday
January 18, 2020	3 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
January 25, 2020	4 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 1, 2020	5 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 8, 2020	6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 15, 2020	7 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 22, 2020	8 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
February 29, 2020	10 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
March 7, 2020	12 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
March 14, 2020	6 miles	Rest	30-40 min run	x-train	40-50 min run	x-train	Rest
March 21, 2020	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