

12K Training Program: Beginner

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	30 min. cross train	2 Mile Run	30 min. cross train	2 Mile Run	30 min. cross train	30 min. cross train	3 Mile Run
2	30 min. cross train	3 Mile Run	30 min. cross train	2 Mile Run	30 min. cross train	30 min. cross train	4 Mile Run
3	30 min. cross train	3 Mile Run	30 min. cross train	2 Mile Run	30 min. cross train	35 min. cross train	5 Mile Run
4	30 min. cross train	2 Mile Run	30 min. cross train	3 Mile Run	30 min. cross train	35 min. cross train	3 Mile Run
5	30 min. cross train	3 Mile Run	30 min. cross train	3 Mile Run	30 min. cross train	35 min. cross train	6 Mile Run
6	30 min. cross train	3 Mile Run	30 min. cross train	3 Mile Run	30 min. cross train	40 min. cross train	7 Mile Run
7	30 min. cross train	2 Mile Run	30 min. cross train	3 Mile Run	30 min. cross train	40 min. cross train	4 Mile Run
8	30 min. cross train	3 Mile Run	30 min. cross train	3 Mile Run	30 min. cross train	45 min. cross train	7 Mile Run
9	30 min. cross train	3 Mile Run	30 min. cross train	3 Mile Run	30 min. cross train	45 min. cross train	8 Mile Run
10	30 min. cross train	3 Mile Run	30 min. cross train	2 Mile Run	Rest	Rest	Race Day!