

April 2015

Beyond Boundaries 10K Training Program -- ADJUSTED

~ April 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Rest	2 4.5 miles	3 Rest	4 5.5 miles
5 Cross Train	6 3 miles	7 6 miles	8 Rest	9 4.5 miles	10 Rest	11 6 miles
12 Cross Train	13 3 miles	14 5 miles (Includes race pace practice during the run)	15 Rest	16 4 miles	17 Rest	18 5 miles
19 Cross Train	20 3 miles	21 4 miles Race day talk	22 Rest	23 3 miles	24 Rest	25 Rest
26 RACE DAY !!	27	28	29	30	Notes:	