

12-Week Race Training Schedule

Name: _____ Race date: _____

Training Start date: _____ Race distance: _____

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Weekly Mileage
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								