

8	36 minutes Run 4 minutes/Walk 2 minutes Repeat 6 times	Cross- train 30-40 minutes	35 minutes Run 4 minutes/Walk 1 minutes Repeat 7 times	Rest	Cross- train 30-40 minutes	40 minutes Run 4 minutes/Walk 1 minutes Repeat 8 times	Rest
9	40 minutes Run 4 minutes/Walk 1 minutes Repeat 8 times	Cross- train 30-40 minutes	42 minutes Run 5 minutes/Walk 1 minutes Repeat 8 times	Rest	Cross- train 30-40 minutes	42 minutes Run 5 minutes/Walk 1 minutes Repeat 8 times	Rest
10	30 minutes Run 5 minutes/Walk 1 minutes Repeat 5 times	Cross- train 30-40 minutes	30 minutes Easy run 5 minutes/Walk 1 minutes Repeat 5 times	Rest	Cross- train 30-40 minutes	RACE DAY!	Rest