

TRI-STATE RUNNING COMPANY

THANKSGIVING DAY 10K TRAINING

| Week number | Week Beginning | Edgewood - rest Mariemont - run Monday | Edgewood - run Mariemont - rest Tuesday | Edgewood - rest Mariemont - run Wednesday | Edgewood - run Mariemont - rest Thursday | Friday | Saturday | Sunday |
|-------------|----------------|--|---|---|---|--------|---|--------|
| 1 | 11-Sep | on your own 24 minutes | group run 24 minutes | group run 24 minutes | on your own 24 minutes | | 3 miles | rest |
| 2 | 18-Sep | on your own 24 minutes | group run 24 minutes | group run 24 minutes | on your own 24 minutes | rest | 4 miles | rest |
| 3 | 25-Sep | on your own 28 minutes | group run 28 minutes | group run 28 minutes | on your own 28 minutes | rest | 4 miles | rest |
| 4 | 2-Oct | on your own 30 minutes | group run 30 minutes | group run 30 minutes | on your own 30 minutes | rest | 5 miles | rest |
| 5 | 9-Oct | on your own 35 minutes | group run 35 minutes | group run 35 minutes | on your own 35 minutes | rest | 5 miles | rest |
| 6 | 16-Jan | on your own 38 minutes | group run 38 minutes | group run 38 minutes | on your own 38 minutes | rest | 6 miles | rest |
| 7 | 23-Oct | on your own 42 minutes | group run 42 minutes | group run 42 minutes | on your own 42 minutes | rest | 6 miles | rest |
| 8 | 30-Oct | on your own 44 minutes | group run 44 minutes | group run 44 minutes | on your own 44 minutes | rest | 7 miles | rest |
| 9 | 6-Nov | on your own 48 minutes | group run 48 minutes | group run 48 minutes | on your own 48 minutes | rest |  Turkeyfoot Trot 5K | rest |
| 10 | 13-Nov | on your own 52 minutes | group run 52 minutes | group run 52 minutes | on your own 52 minutes | rest | 5 miles - Run from Paul Brown Stadium | rest |
| 11 | 20-Nov | REST | on your own 20 minutes | REST |  10K THANKSGIVING DAY RACE | | | |