

Tri-State Running Company

Thanksgiving Day 10K Training

Week number	Week Beginning	Edgewood-rest Monday	Edgewood-run Tuesday	Edgewood - rest Wednesday	Edgewood-run Thursday	Edgewood - rest Friday	Saturday	Sunday
1	9/16/2019	rest	group run 20 minutes	rest	group run 20 minutes	rest	3 miles	rest
2	9/23/2019	rest	group run 24 minutes	rest	on your own 24 minutes	rest	4 miles	rest
3	9/30/2019	rest	group run 28 minutes	rest	on your own 28 minutes	rest	4 miles	rest
4	10/7/2019	rest	group run 30 minutes	rest	on your own 30 minutes	rest	5 miles	rest
5	10/14/2019	rest	group run 35 minutes	rest	on your own 35 minutes	rest	5 miles	rest
6	10/21/2019	rest	group run 38 minutes	rest	on your own 38 minutes	rest	6 miles	rest
7	10/28/2019	rest	group run 42 minutes	rest	on your own 42 minutes	rest	6 miles	rest
8	11/4/2019	rest	group run 44 minutes	rest	on your own 44 minutes	rest	7 miles	rest
9	11/11/2019	rest	group run 48 minutes	rest	on your own 48 minutes	rest	5 miles - Paul Brown Stadium	rest
10	11/18/2019	on your own 52 minutes	group run 52 minutes	group run 52 minutes	on your own 52 minutes	rest	 Turkeyfoot Trot 5K	rest
11	11/25/2019	REST	on your own 20 minutes	REST				