



### Challenge Training Program - 18 Weeks - Detailed

Week	Race	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles/week	Steps/week	Steps per day
<b>Week 1</b>	<b>5k</b>	<b>1 mile</b>	<b>2 miles</b>	<b>2 miles</b>	<b>2 miles</b>	<b>Rest</b>	<b>3 miles</b>	<b>Rest</b>	<b>10</b>	<b>0</b>	<b>0</b>
Week 2		Cross	3 miles	2 miles	2 miles	Rest	3 miles	Rest	10	0	0
<b>Week 3</b>	<b>8K</b>	<b>Cross</b>	<b>2 miles</b>	<b>3 miles</b>	<b>Rest</b>	<b>Rest</b>	<b>5 miles</b>	<b>Rest</b>	<b>10</b>	<b>0</b>	<b>0</b>
Week 4		Cross	3 miles	4 miles	Rest	3 miles	5 miles	Rest	15	0	0
<b>Week 5</b>	<b>10k</b>	<b>Cross</b>	<b>5 miles</b>	<b>4 miles</b>	<b>Rest</b>	<b>Rest</b>	<b>6 miles</b>	<b>Rest</b>	<b>15</b>	<b>0</b>	<b>0</b>
Week 6		3 miles	3 miles	4 miles	Rest	3 miles	7 miles	Cross	20	0	0
Week 7		3 miles	2 miles	4 miles	Rest	3 miles	8 miles	Cross	20	0	0
Week 8		Cross	4 miles	3 miles	3 miles	Rest	5 miles	10 miles	25	0	0
Week 9		Cross	3 miles	5 miles	Rest	Rest	5 miles	12 miles	25	0	0
<b>Week 10</b>	<b>Half Marathon</b>	<b>Cross</b>	<b>4 miles</b>	<b>3 miles</b>	<b>Rest</b>	<b>Rest</b>	<b>13 miles</b>	<b>Rest</b>	<b>20</b>	<b>0</b>	<b>0</b>
Week 11		Rest	Cross	5 miles	3 miles	Rest	6 miles	16 miles	30	0	0
Week 12		Rest	Cross	8 miles	5 miles	Rest	9 miles	18 miles	40	0	0
Week 13		Rest	Cross	10 miles	5 miles	Rest	10 miles	20 miles	45	0	0
Week 14		Rest	Cross	7 miles	4 miles	Rest	7 miles	22 miles	40	0	0
Week 15		Rest	Cross	8 miles	5 miles	Rest	8 miles	14 miles	35	0	0
<b>Week 16</b>	<b>Full Marathon</b>	<b>3 miles</b>	<b>4 miles</b>	<b>Rest</b>	<b>Rest</b>	<b>2 miles</b>	<b>26 miles</b>	<b>Rest</b>	<b>35</b>	<b>0</b>	<b>0</b>
Week 17		Rest	Rest	2 miles	3 miles	Rest	5 miles	Cross	10	0	0
Week 18		Cross	4 miles	4 miles	3 miles	Rest	6 miles	Cross	17	0	0