



## Challenge Training Program - 18 Weeks

Week	Miles/Week	Race	Steps/Week	Steps/Day
<b>Week 1</b>	<b>10</b>	<b>5k</b>	<b>20,000</b>	<b>2,858</b>
Week 2	10		20,000	2,858
<b>Week 3</b>	<b>10</b>	<b>8K</b>	<b>20,000</b>	<b>2,858</b>
Week 4	15		30,000	4,286
<b>Week 5</b>	<b>15</b>	<b>10k</b>	<b>30,000</b>	<b>4,286</b>
Week 6	20		40,000	5,715
Week 7	20		40,000	5,715
Week 8	25		50,000	7,143
Week 9	25		50,000	7,143
<b>Week 10</b>	<b>20</b>	<b>Half Marathon</b>	<b>40,000</b>	<b>5,715</b>
Week 11	30		60,000	8,572
Week 12	40		80,000	11,429
Week 13	45		90,000	12,858
Week 14	40		80,000	11,429
Week 15	35		70,000	10,000
<b>Week 16</b>	<b>35</b>	<b>Full Marathon</b>	<b>70,000</b>	<b>10,000</b>
Week 17	10		20,000	2,858
Week 18	17		34,000	4,858