

18 Week Long Distance Training Program

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------|-----|------|-----|-------|------|------|------|
| Week 1 | OFF | 3 | OFF | 3 | OFF | 3 | 4 |
| Week 2 | OFF | 3 | OFF | 4 | OFF | 3 | 5 |
| Week 3 | OFF | 4 | OFF | 4 | OFF | 3 | 6 |
| Week 4 | OFF | 4 | OFF | 4 | OFF | 3 | 8 |
| Week 5 | OFF | 4 | OFF | 4 | OFF | 4 | 10 |
| Week 6 | OFF | 4 | 4 | OFF | 3 | 4 | 8 |
| Week 7 | OFF | 4 | OFF | 4 | OFF | 4 | 12 |
| Week 8 | OFF | 4 | 4 | OFF | 3 | 4 | 10 |
| Week 9 | OFF | 4 | OFF | 4 | OFF | 4 | 14 |
| Week 10 | OFF | 4 | 4 | OFF | 3 | 4 | 12 |
| Week 11 | OFF | 4 | OFF | 4 | OFF | 4 | 16 |
| Week 12 | OFF | 4 | 5 | OFF | 4 | 5 | 12 |
| Week 13 | OFF | 4 | OFF | 4 | OFF | 4 | 18 |
| Week 14 | OFF | 4 | 5 | OFF | 4 | 6 | 12 |
| Week 15 | OFF | 4 | OFF | 5 | OFF | 4 | 20 |
| Week 16 | OFF | 4 | 5 | OFF | 4 | 6 | 12 |
| Week 17 | OFF | 4 | OFF | 4 | OFF | 8 | 10 |
| Week 18 | OFF | 3 | 3 | OFF | WILD | WEST | WALK |

