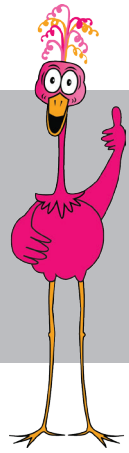




2017 TRAINING SCHEDULE

— 8 WEEKS —



Numbers represent miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 July 31 - Aug 6	Rest Day	4	Rest Day	3	Rest Day	4	5
Week 2 Aug 7 - Aug 13	Rest Day	3	3	Rest Day	5	5	6
Week 3 Aug 14 - Aug 20	Rest Day	4	Rest Day	5	Rest Day	6	7
Week 4 Aug 21 - Aug 27	Rest Day	4	4	Rest Day	6	7	8
Week 5 Aug 28 - Sept 3	Rest Day	4	Rest Day	5	Rest Day	8	8
Week 6 Sept 4 - Sept 10	Rest Day	4	4	Rest Day	7	8	9
Week 7 Sept 11 - Sept 17	Rest Day	3	Rest Day	5	Rest Day	9	9
Week 8 Sept 18 - Sept 24	Rest Day	3	2	Rest Day	10	10	10