SRC 2023 TRAINING SCHEDULE

Week	Sun date:	Sun	Mon	Tue	Wed	Thu	Fri	Sat (Hal Higdon plan)	Sat date:	"NOTES"
1	4/9/23	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	2 mi run	**4/15/23**	
2	4/16/23	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	2 mi run	**4/22/23**	pace test one mile
3	4/23/23	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	2 mi run	**4/29/23**	makeup pace test one
4	4/30/23	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	3 mi run	**5/6/23**	
5	5/7/23	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	4 mi run	**5/13/23**	
6	5/14/23	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	4 mi run	**5/20/23**	
7	5/21/23	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	5 mi run	**5/27/23**	
8	5/28/23	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Rest	**5K Race LV**	**6/3/23**	**June 5 LV 5k race**
9	6/4/23	Cross	3 mi run	Rest	3 mi run	3 mi run	Rest	6 mi run	**6/10/23**	
10	6/11/23	Cross	3 mi run	Rest	3 mi run	3 mi run	Rest	7 mi run	**6/17/23**	
11	6/18/23	Cross	3 mi run	Rest	4 mi run	3 mi run	Rest	5 mi run or 10k	**6/24/23**	**Option to have SARA host another 10k GoRun or find some other 10k.**
12	6/25/23	Cross	3 mi run	Rest	4 mi run	3 mi run	Rest	9 mi run	**7/1/23**	
13	7/2/23	Cross	3 mi run	Rest	5 mi run	3 mi run	Rest	10 mi run	**7/8/23**	
14	7/9/23	Cross	3 mi run	Rest	5 mi run	3 mi run	Rest	7 mi run	**7/15/23**	
15	7/16/23	Cross	3 mi run	Rest	6 mi run	3 mi run	Rest	12 mi run	**7/22/23**	**Unless another Half pops up, we run July 23 Hoffman Est Half Marathon**
16	7/23/23	Cross	3 mi run	Rest	6 mi run	3 mi run	Rest	Half Race	**7/29/23**	Move Half to 7/23 Hoffman Estat
17	7/30/23	Cross	3 mi run	Rest	7 mi run	4 mi run	Rest	10 mi run	**8/5/23**	
18	8/6/23	Cross	3 mi run	Rest	7 mi run	4 mi run	Rest	15 mi run	**8/12/23**	
19	8/13/23	Cross	4 mi run	Rest	8 mi run	4 mi run	Rest	16 mi run	**8/19/23**	
20	8/20/23	Cross	4 mi run	Rest	8 mi run	5 mi run	Rest	12 mi run	**8/26/23**	Avoid Monroe Harbor for Triat
21	8/27/23	Cross	4 mi run	Rest	9 mi run	5 mi run	Rest	18 mi run	**9/2/23**	
22	9/3/23	Cross	5 mi run	Rest	9 mi run	5 mi run	Rest	14 mi run	**9/9/23**	
23	9/10/23	Cross	5 mi run	Rest	10 mi run	5 mi run	Rest	20 mi run CES	**9/16/23**	**CES 20 MILE PREP RUN**
24	9/17/23	Cross	5 mi run	Rest	8 mi run	4 mi run	Rest	12 mi run	**9/23/23**	
25	9/24/23	Cross	4 mi run	Rest	6 mi run	3 mi run	Rest	8 mi run	**9/30/23**	
26	10/1/23	Cross	3 mi run	Rest	4 mi run	2 mi run	Rest	Rest	**10/7/23**	
27	10/8/23	BOA Chi Marathon								