16-Week Training Schedule for the 2013 Goofy Challenge

Designed by Lee Hoedl – For more information and videos, visit: www.hoedlshaven.com/DISNEYMARATHON

Questions or concerns can be email to Lee at leehoedl@yahoo.com.

WEEK 1 - Week of September 23, 2012

TOTAL WEEKLY MILES: 26
Sunday - 3 m run
Monday - 6 m run
Tuesday - 3 m run
Wednesday - Rest
Thursday - 6 m pace
Friday - 8
Saturday - Cross Train

WEEK 2 - Week of September 30, 2012

TOTAL WEEKLY MILES: 31
Sunday - 3 m run
Monday - 6 m run
Tuesday - 3 m run
Wednesday - Rest
Thursday - 6 m pace
Friday - 13
Saturday - Cross Train

WEEK 3 - Week of October 7, 2012

TOTAL WEEKLY MILES: 30
Sunday - 3 m run
Monday - 7 m run
Tuesday - 3 m run
Wednesday - Rest
Thursday - 7 m run
Friday - 10
Saturday - Cross Train

WEEK 4 - Week of October 14, 2012

TOTAL WEEKLY MILES: 26
Sunday - 3 m run
Monday - 7 m run
Tuesday - 3 m run
Wednesday - Rest
Thursday - 7 m pace
Friday - 10
Saturday - Cross Train

WEEK 5 - Week of October 21, 2012

TOTAL WEEKLY MILES: 40
Sunday - 4 m run
Monday - 8 m run
Tuesday - 4 m run
Wednesday - Rest
Thursday - 8 m pace
Friday - 16
Saturday - Cross Train

WEEK 6 - Week of October 28, 2012

TOTAL WEEKLY MILES: 41
Sunday - 4 m run
Monday - 8 m run
Tuesday - 4 m run
Wednesday - Rest
Thursday - 8 m run
Friday - 17
Saturday - Cross Train

WEEK 7 - Week of November 4, 2012

TOTAL WEEKLY MILES: 38
Sunday - 4 m run
Monday - 9 m run
Tuesday - 4 m run
Wednesday - Rest
Thursday - 9 m pace
Friday - 12
Saturday - Cross Train

WEEK 8 - Week of November 11, 2012

TOTAL WEEKLY MILES: 45
Sunday - 4 m run
Monday - 9 m run
Tuesday - 4 m run
Wednesday - Rest
Thursday - 9 m pace
Friday - 19
Saturday - Cross Train

WEEK 9 - Week of November 18, 2012

TOTAL WEEKLY MILES: 50
Sunday - 5 m run
Monday - 10 m run
Tuesday - 5 m run
Wednesday - Rest
Thursday - 10 m run (THANKSGIVING)
Friday - 20
Saturday - Cross Train

WEEK 10 - Week of November 25, 2012

TOTAL WEEKLY MILES: 34
Sunday - 5 m run
Monday - 6 m run
Tuesday - 5 m run
Wednesday - Rest
Thursday - 6 m pace
Friday - 12
Saturday - Cross Train

WEEK 11 - Week of December 2, 2012

TOTAL WEEKLY MILES: 50
Sunday - 5 m run
Monday - 10 m run
Tuesday - 5 m run
Wednesday - Rest
Thursday - 10 m pace
Friday - 20
Saturday - Cross Train

WEEK 12 - Week of December 9, 2012

TOTAL WEEKLY MILES: 34
Sunday - 5 m run
Monday - 6 m run
Tuesday - 5 m run
Wednesday - Rest
Thursday - 6 m run
Friday - 12
Saturday - Cross Train

WEEK 13 - Week of December 16, 2012

TOTAL WEEKLY MILES: 48
Sunday - 5 m run
Monday - 8 m run
Tuesday - 5 m run
Wednesday - Rest
Thursday - 10 m pace
Friday - 20
Saturday - Cross Train

WEEK 14 - Week of December 23, 2012

TOTAL WEEKLY MILES: 31
Sunday - 5 m run
Monday - 5 m run
Tuesday - 5 m run (CHRISTMAS)
Wednesday - Rest
Thursday - 4 m pace
Friday - 12
Saturday - Cross Train

WEEK 15 - Week of December 30, 2012

TOTAL WEEKLY MILES: 26
Sunday - 4 m run
Monday - 6 m run
Tuesday - 4 m run (NEW YEAR'S DAY)
Wednesday - Rest
Thursday - 4 m run
Friday - 8 m run
Saturday - Cross Train

WEEK 16 - Week of January 6, 2013

TOTAL WEEKLY MILES: 9
Sunday - 3 m run
Monday - 4 m run
Tuesday - Rest
Wednesday - Rest
Thursday - 2 m run
Friday - Rest
Saturday - DISNEY WORLD HALF MARATHON
Sunday - DISNEY WORLD MARATHON