RESOLUTE RUNNING
www.resoluterunning.com

Week 1					Mileage:	20
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Easy	Rest	Trail day	Slow Recovery
	4		5		8	3
	1xwarm up 4x.25mi hill 1xcool down	Foam Roller				Foam Roller

Week 2					Mileage:	21
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Easy	Rest	Trail day	Slow Recovery
	4		5		9	3
	1xwarm up 10x.10 hill 1xcool down	Foam Roller				Foam Roller

Week 3					Mileage:	23
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Easy	Rest	Trail day	Slow Recovery
	4		5		10	4
	1xwarm up 2x.5mi hill 1xcool down	Foam Roller				Foam Roller

Week 4					Mileage:	25
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Easy	Rest	Trail day	Slow Recovery
	4		6		11	4
	.5xwarm up 2x1mi hill .5xcool down	Foam Roller				Foam Roller

Week 5					Mileage:	17
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Cross-train	Easy	Rest	Trail day	Slow Recovery
	3		4		7	3
	BUTS TNT, 6:00 p.m.	Foam Roller				Foam Roller

Week 6					Mileage:	28
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Easy	Rest	Trail day	Slow Recovery
	5		6		13	4
	1xwarm up 3x.50mi hill 1 cool down	Foam Roller				Foam Roller

Week 7					Mileage:	30
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Easy	Trail day	Rest	Trail day	Slow Recovery
	5	3	5		14	3
	1xwarm up 3x.5mi fast/.5mi recovery 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 8					Mileage:	33
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Rest	Trail day	Slow Recovery
	5	4	5		15	4
	.5xwarm up 2x1mi hill .5xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 9					Mileage:	36
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Rest	Trail day	Easy
	6	4	5		11	10
	1xwarm up 4x.5mi hill 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 10					Mileage:	21
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Cross-train	Trail day	Rest	Trail day	Slow Recovery
	4		5		9	3
	BUTS TNT, 6:00 p.m.	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 11					Mileage:	39
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Easy	Trail day	Rest	Trail day	Easy
	6	4	5		14	10
	1xwarm up 4x.5mi fast/.5mi recovery 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 12					Mileage:	43
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Cross-train	Night Run	Trail day	Trail day
	6	3		9	15	10
	1xwarm up 2x1mi hill 1xcool down	Foam Roller				Foam Roller

Week 13					Mileage:	47
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Rest	Trail day	Trail day
	7	4	5		24	7
	.5xwarm up 3x1mi hill .5xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 14					Mileage:	25
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Easy	Trail day	Rest	Trail day	Rest
	4	4	5		12	
	BUTS TNT, 6:00 p.m.		BUTS Red Mtn. Run, 5:30 a.m.			

Week 15					Mileage:	52
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Rest	Trail day	Slow Recovery
	7	4	6		31	4
	1xwarm up 5x.50mi hill 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 16					Mileage:	56
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Easy	Trail day	Rest	Trail day	Trail day
	7	4	5		28	12
	1xwarm up 5x.5mi fast/.5mi recovery 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 17					Mileage:	25
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Easy	Trail day	Rest	Trail day	Rest
	4	3	5		13	
	BUTS TNT, 6:00 p.m.	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 18					Mileage:	61
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Cross-train	Trail day	Trail day	Trail day
	8	4		12	21	16
	1xwarm up 3x1mi hill 1xcool down	Foam Roller		Night Run		Foam Roller

Week 19					Mileage:	66
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Rest	Trail day	Trail day
	8	4	7		35	12
	1xwarm up 6x.5mi hill 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 20					Mileage:	25
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Easy	Trail day	Rest	Trail day	Rest
	5	3	5		12	
	BUTS TNT, 6:00 p.m.	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			

Week 21					Mileage:	71
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Rest	Trail day	Trail day
	8	4	10		36	13
	1xwarm up 3x1mi hill 1xcool down	Foam Roller				Foam Roller

Week 22					Mileage:	33
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Rest	Trail day	Trail day
	6	3	5		15	4
	1xwarm up 4x.5mi hill 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 23					Mileage:	22
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Rest	Trail day	Rest	Trail day	Trail day
	4		5		9	4
	BUTS TNT, 6:00 p.m.	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 24					Mileage:	108
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Trail day	Rest	Rest	Trail day	Rest	Your Hundo!	
5			3		100	
Foam Roller					"Only those who will risk going too far can possibly find out how far one can go." T. S. Eliot	