St. Jude Heroes®

St. Jude Children's Research Hospital®

BEGINNER PLAN:

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	12	Run, Walk or Run/Walk 1.5 miles	Cross Training	Run, Walk or Run/Walk 1.5 miles	Run, Walk or Run/Walk 1.5 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 2 miles	Rest or Easy Cross Train	6.5
	11	Run, Walk or Run/Walk 1.5 miles	Cross Training	Run, Walk or Run/Walk 1.5 miles	Run, Walk or Run/Walk 1.5 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 2.5 miles	Rest or Easy Cross Train	7
	10	Run, Walk or Run/Walk 1 miles	Cross Training	Run, Walk or Run/Walk 1.5 miles	Run, Walk or Run/Walk 1.5 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 2 miles	Rest or Easy Cross Train	6
	9	Run, Walk or Run/Walk 2 miles	Cross Training	Run, Walk or Run/Walk 2 miles	Run, Walk or Run/Walk 2 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 2.5 miles	Rest or Easy Cross Train	8.5
	8	Run, Walk or Run/Walk 2.5 miles	Cross Training	Run, Walk or Run/Walk 2.5 miles	Run, Walk or Run/Walk 2.5 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 3 miles	Rest or Easy Cross Train	10.5
	7	Run, Walk or Run/Walk 3 miles	Cross Training	Run, Walk or Run/Walk 3 miles	Run, Walk or Run/Walk 2.5 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 3 miles	Rest or Easy Cross Train	11.5
	6	Run, Walk or Run/Walk 2.5 miles	Cross Training	Run, Walk or Run/Walk 2.5 miles	Run, Walk or Run/Walk 2.5 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 3 miles	Rest or Easy Cross Train	10.5
	5	Run, Walk or Run/Walk 3.5 miles	Cross Training	Run, Walk or Run/Walk 3.5 miles	Run, Walk or Run/Walk 3 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 4.5 miles	Rest or Easy Cross Train	14.5
	4	Run, Walk or Run/Walk 4 miles	Cross Training	Run, Walk or Run/Walk 4 miles	Run, Walk or Run/Walk 4 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 5 miles	Rest or Easy Cross Train	17
	3	Run, Walk or Run/Walk 5 miles	Cross Training	Run, Walk or Run/Walk 5 miles	Run, Walk or Run/Walk 4.5 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 7 miles	Rest or Easy Cross Train	21.5
	2	Run, Walk or Run/Walk 3 miles	Cross Training	Run, Walk or Run/Walk 3 miles	Run, Walk or Run/Walk 3 miles	Rest or Easy Cross Train	Run, Walk or Run/Walk 3 miles	Rest or Easy Cross Train	12
	1	Run, Walk or Run/Walk 3 miles	Cross Training	Run, Walk or Run/Walk 3 miles	Run, Walk or Run/Walk 2.5 miles	Rest or Easy Cross Train	**RACE DAY** 6.2 miles	Easy Jog/ Walk 10-15 minutes	14.7

INTERMEDIATE PLAN:

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	12	Easy Pace 3 miles	Cross Training	Easy Pace 3 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 3 miles	Rest or Cross Train	12
	11	Tempo Run 3 miles	Cross Training	Track 4 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 3 miles	Rest or Cross Train	13
	10	Tempo Run 2.5 miles	Cross Training	Track 3 miles	Easy Pace 2.5 miles	Rest or Cross Train	Long Run 2.5 miles	Rest or Cross Train	10.5
	9	Tempo Run 4 miles	Cross Training	Track 4 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 4 miles	Rest or Cross Train	15
	8	Tempo Run 4 miles	Cross Training	Track 4.5 miles	Easy Pace 4 miles	Rest or Cross Train	Long Run 5.5 miles	Rest or Cross Train	18
	7	Tempo Run 4.5 miles	Cross Training	Track 4.5 miles	Easy Pace 4 miles	Rest or Cross Train	Long Run 6 miles	Rest or Cross Train	19
	6	Easy Pace 3 miles	Cross Training	Easy Pace 3 miles	Easy Pace 3 miles	Rest or Cross Train	Easy Pace 3 miles	Rest or Cross Train	12
	5	Tempo Run 5 miles	Cross Training	Track 5 miles	Easy Pace 5 miles	Rest or Cross Train	Long Run 7 miles	Rest or Cross Train	22
	4	Tempo Run 6 miles	Cross Training	Track 6 miles	Easy Pace 6 miles	Rest or Cross Train	Long Run 7.5 miles	Rest or Cross Train	25.5
	3	Tempo Run 7 miles	Cross Training	Easy Pace 7 miles	Easy Pace 6 miles	Rest or Cross Train	Long Run 9 miles	Rest or Cross Train	29
	2	Easy Pace 3 miles	Cross Training	Track 4 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 5 miles	Rest or Cross Train	15
	1	Easy Pace 4 miles	Cross Training	Easy Pace 4 miles	Easy Pace 4 miles	Rest or Cross Train	**RACE DAY** 6.2 miles	Easy Jog/ Walk 10-15 minutes	18.2