



PLEDGE THE PINK

12 Week Training Plan

For the Best Weekend of Your Life!

Three months from now you will thank yourself!

3 DAYS! 30 MILES! 3 ISLANDS!

Run. Skip. Hop. Walk. Crawl. Heck, do Cartwheels if you want!

Do whatever you gotta do to get your training miles in as noted below!

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK	Aug 5						Aug 11
1	Rest	4	3	4	Rest	4	5
WEEK	Aug 12						Aug 18
2	Rest	3	3	Rest	5	5	6
It hurts now, but one day it will be your warm up!							
WEEK	Aug 19						Aug 25
3	Rest	4	3	4	Rest	4	5
WEEK	Aug 26						Sept 1
4	Rest	3	3	Rest	5	5	6
The only bad workout is the one that didn't happen!							
WEEK	Sept 2						Sept 8
5	Rest	4	3	4	Rest	4	5
WEEK	Sept 9						Sept 15
6	Rest	3	3	Rest	5	5	6
Do not let what you can not do interfere with what you CAN do. – John Wooden							
WEEK	Sept 16						Sept 22
7	Rest	4	3	4	Rest	4	5
WEEK	Sept 23						Sept 29
8	Rest	3	3	Rest	5	5	6
When you feel like quitting, think about why you started!							
WEEK	Sept 30						October 6
9	Rest	4	4	5	Rest	6	7
WEEK	October 7						October 13
10	Rest	3	4	Rest	6	7	8
The only bad workout is the one that didn't happen!							
WEEK	October 14						October 20
11	Rest	3	4	5	Rest	8	9
WEEK	October 21						October 27
12	Rest	3	3	Rest	10	10	10
Be there for others, but NEVER leave yourself behind. – Dodinsky							

Listen to your body: being sore is normal and the best thing to do is keep moving; being injured is a completely different beast and you should let your body rest. Know the difference! Training on varied terrain makes small muscles, tendons and ligaments stronger, improves stabilization, and might lessen the chance for injury in the long term. Please note that our courses this year include several miles on trails and on the beach so try to train on those surfaces at least once a week if possible. No beach around? Trails and even gravel roads will help you get ready for the good stuff!