

## 2017 Shufflers Training Plans

Marathon, Half, 10k, Couch potato--5k

	Marathon	1/2 Mara	10K	Couch-5k	
2016					
3-Dec	7				
10-Dec	8				
17-Dec	9				
24-Dec	10				
31-Dec	11				
2017					
7-Jan	8	4			
14-Jan	12	5			
21-Jan	8	5		30min	run 30 sec, walk 60 sec
28-Jan	14	6		30min	run 45 sec, walk 60 sec
4-Feb	8	7		30 min	run 60 sec, walk 60 sec
11-Feb	15	5		33 min	run 60 sec, walk 60 sec
18-Feb	8	8		36 min	run 60 sec, walk 60 sec
25-Feb	16	9		40 min	run 60 sec, walk 60 sec
				[March 5, join 10K group]	
4-Mar	8	8	3		
11-Mar	18	10	3		
18-Mar	8	8	3.5		
25-Mar	20	11	4		
1-Apr	8	8	4.5		
8-Apr	22	12	5		
15-Apr	8	8	5.5		
22-Apr	24	13	6		
29-Apr	8	8	5		

7-May	Marathon	Half Mara	10k	BORGESS RUNS
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