



RUN2REVIVE
MIND · BODY · POTENTIAL

GRAND CANYON
RIM2RIM

	WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	Total Mileage
FOCUS ON FORM	#1	3	Rest	3	Cross Train	4	Rest	5	15
	#2	3	Rest	3	Cross Train	4	Rest	6	16
	#3	3	Rest	4	Cross Train	4	Rest	7	18
	#4	3	Rest	5	Cross Train	4	Rest	8	20
	#5	3	Cross Train	3	Cross Train	3	Rest	6	15
BUILD STRENGTH	#6	3	Rest	5	Cross Train	4	Rest	9	21
	#7	4	Rest	5	Cross Train	4	Rest	10	23
	#8	4	Rest	5	Cross Train	4	Rest	12	25
	#9	4	Rest	5	Cross Train	5	Rest	13.1	27.1
	#10	3	Cross Train	4	Cross Train	4	Rest	11	22
BUILD ENDURANCE	#11	5	Rest	4	Cross Train	5	Rest	14	28
	#12	6	Rest	5	Cross Train	5	Rest	15	31
	#13	8	Rest	4	Cross Train	5	Rest	16	33
	#14	10	Rest	4	Cross Train	4	Rest	18	36
	#15	5	Cross Train	4	Cross Train	4	Rest	15	28
TAPER	#16	8	Rest	5	Cross Train	5	Rest	20	38
	#17	3	Rest	5	Cross Train	5	Rest	13.1	26.1
	#18	4	Rest	4	Cross Train	4	Rest	10	22
	#19	3	Rest	4	Cross Train	4	Rest	6	17
	#20	3	Rest	2	Cross Train	2	Rest	R2R	7