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### New Runners NHSXCB 2017

These guidelines designed for new/less experienced runners, or runners returning from injury who have not been training much recently. Days may be shifted in the event of extreme weather (e.g., >90 degrees), as long as the number of rest days in a given week is maintained. If preferred, time may be substituted for miles (e.g., replace a 3 mile workout with 30 minutes of sustained jogging/running, 4 miles with 40 minutes, etc.). "Easy" means you can conduct a conversation all along the way, not getting out of breath.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<b>Jun 5</b> Run - Easy 2 mi	<b>Jun 6</b>	<b>Jun 7</b> Run - Easy 3 mi	<b>Jun 8</b>	<b>Jun 9</b> Run - Easy 3 mi	<b>Jun 10</b>	<b>Jun 11</b>	<b>Week 1</b> Run: 8 mi
<b>Jun 12</b> Run - Easy 3 mi	<b>Jun 13</b>	<b>Jun 14</b> Run - Easy 3 mi	<b>Jun 15</b>	<b>Jun 16</b>	<b>Jun 17</b> Run - Easy 4 mi	<b>Jun 18</b>	<b>Week 2</b> Run: 10 mi
<b>Jun 19</b> Run - Easy 3 mi	<b>Jun 20</b>	<b>Jun 21</b> Run - Easy 4 mi	<b>Jun 22</b>	<b>Jun 23</b>	<b>Jun 24</b> Run - Easy 4 mi	<b>Jun 25</b>	<b>Week 3</b> Run: 11 mi
<b>Jun 26</b> Run - Easy 3 mi	<b>Jun 27</b> Run - Easy 3 mi	<b>Jun 28</b>	<b>Jun 29</b> Run - Easy 3 mi	<b>Jun 30</b>	<b>Jul 1</b> Run - Easy 3 mi	<b>Jul 2</b>	<b>Week 4</b> Run: 12 mi
<b>Jul 3</b> Run - Easy 4 mi	<b>Jul 4</b>	<b>Jul 5</b> Run - Easy 3 mi	<b>Jul 6</b> Run - Easy 3 mi	<b>Jul 7</b>	<b>Jul 8</b> Run - Easy 4 mi	<b>Jul 9</b>	<b>Week 5</b> Run: 14 mi
<b>Jul 10</b> Run - Easy 3 mi	<b>Jul 11</b> Run - Easy 3 mi	<b>Jul 12</b>	<b>Jul 13</b> Run - Easy 3 mi	<b>Jul 14</b> Run - Easy 3 mi	<b>Jul 15</b> Run - Easy 3 mi	<b>Jul 16</b>	<b>Week 6</b> Run: 15 mi
<b>Jul 17</b> Run - Easy 3 mi	<b>Jul 18</b> Run - Easy 3 mi	<b>Jul 19</b>	<b>Jul 20</b> Run - Easy 3 mi	<b>Jul 21</b> Run - Easy 3 mi	<b>Jul 22</b> Run - Easy 4 mi	<b>Jul 23</b>	<b>Week 7</b> Run: 16 mi
<b>Jul 24</b> Run - Easy 4 mi	<b>Jul 25</b> Run - Easy 3 mi	<b>Jul 26</b>	<b>Jul 27</b> Run - Easy 3 mi	<b>Jul 28</b> Run - Easy 3 mi	<b>Jul 29</b> Run - Easy 4 mi	<b>Jul 30</b>	<b>Week 8</b> Run: 17 mi
<b>Jul 31</b> Run - Easy 3 mi	<b>Aug 1</b> Run - Easy 3 mi	<b>Aug 2</b> Run - Easy 3 mi	<b>Aug 3</b> Run - Easy 3 mi	<b>Aug 4</b>	<b>Aug 5</b> Run - Easy 5 mi	<b>Aug 6</b>	<b>Week 9</b> Run: 17 mi
<b>Aug 7</b> Run - Easy 4 mi	<b>Aug 8</b> Run - Easy 3 mi	<b>Aug 9</b> Run - Easy 3 mi	<b>Aug 10</b> Run - Easy 3 mi	<b>Aug 11</b>	<b>Aug 12</b> Run - Easy 5 mi	<b>Aug 13</b>	<b>Week 10</b> Run: 18 mi
<b>Aug 14</b> Run - Easy 4 mi	<b>Aug 15</b>	<b>Aug 16</b> Run - Easy 3 mi	<b>Aug 17</b> Run - Easy 4 mi	<b>Aug 18</b> Run - Easy 3 mi	<b>Aug 19</b> Run - Easy 5 mi	<b>Aug 20</b>	<b>Week 11</b> Run: 19 mi