

# 12-Week Race Training Schedule

Name: \_\_\_\_\_

Race date: \_\_\_\_\_

Training Start date: \_\_\_\_\_

Race distance: \_\_\_\_\_

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	Weekly Miles
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

# Week \_\_\_\_\_

Weekly Goals:

Workout goals:

Nutrition goals:

Self Care goals: