

# Go Find Your Awesome

## Goofy's Race and a Half Challenge Training Plan

August 26 through September 29, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly
26	27	28	29	30	31	1	Miles/Time
Easy 3 Miles, Zone 1. With 4 x 20" <b>strides</b>	Cross training up to 45 minutes	3.5 Miles OR 0:45 1 Mile Warmup (Z1) 1.5 Miles Z3 Cooldown (Z1) to finish	Cross training up to 45 minutes	Easy 3-4 Miles (Z1) OR 0:45	8 Miles OR 1:36; <Z2	REST	17.5 Miles/3:33
2	3	4	5	6	7	8	
6 Miles <b>Negative split</b> OR 1:12; <Z2	Cross training up to 45 minutes	4 Miles OR 0:48 1 Mile Warmup (Z1) 2 Miles Z3 Cooldown (Z1) to finish	Cross training up to 45 minutes	Easy 4 Miles (Z1) OR 0:48	10 Miles OR 2:00; <Z2 Last 10 Min, <b>Finish strong</b>	REST	24 Miles/4:48
9	10	11	12	13	14	15	
Easy 4 Miles (Z1) OR 0:48	Cross training up to 45 minutes	6 Miles OR 1:12 WU 1 Mile, 3 x 1 Mile Z3, <b>recovery</b> 3-4 min. CD to finish	Cross training up to 45 minutes	Easy 5 Miles (Z1) OR 1:00	11 Miles OR 2:12; <Z2	REST	24 Miles/4:48
16	17	18	19	20	21	22	
Easy 3-4 Miles (Z1) OR 0:45	Cross training up to 45 minutes	6 Miles NS OR 1:12; <Z3	Cross training up to 45 minutes	Easy 5 Miles (Z1) OR 1:00	12 Miles OR 2:24; <Z2	REST	26 Miles/5:12
23	24	25	26	27	28	29	
Easy 3 Miles, Z1 With 6-8 x 20" strides	Cross training up to 45 minutes	6 Miles OR 1:12 min 1 Mile WU (Z1) 2 x 1.5 Mile Z3, 0.5 Mi rec; CD (Z1) to finish	Cross training up to 45 minutes	5 Miles OR 1:00 <Z2	11 Miles OR 2:12; <Z2	REST	25 Miles/5:00

Check out [www.gofindyourawesome.com](http://www.gofindyourawesome.com); on Instagram and Facebook @gofindyourawesome;

on YouTube: <https://www.youtube.com/user/hljscuba2002/>