## Go Find Your Awesome

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

## September 30 through October 27, 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 | Miles/Time |
| asy 3 Miles, Zone 1 Optional walk | Cross training up to 45 minutes | 5.5 Miles OR 1:12 12:00 Warmup (Z1) $2 \times 1.5$ miles Z3 Cooldown (Z1) to finish | Cross training up to 45 minutes | Easy 6 Miles (Z1) OR 1 : 12 | REST | HOT CHOCOLATE 15K Include a long warm up (30 minutes) | 27.5 Miles/8:36 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |  |
| REST | Easy 3 Miles followed by 8 strides OPTIONAL ADD: Light Cross training up to 45 minutes | Easy 6 Miles (Z1) OR 1: $12+$ <br> Optional Walk | Cross training up to 45 minutes | Easy 7 Miles (Z1) OR 1 : 24 | 14 Miles OR 2:48 | REST | 30 Miles/6:00 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |  |
| asy 3 Miles, Zone 1. Optional walk | Cross training up to 45 minutes | 6 Miles OR 1:12 <br> Include $6 \times 45-60$ " Hills, one 4 + <br> Optional walk | Cross training up to 45 minutes | Easy 8 Miles (Z1) OR 1: | 15 Miles OR 3:00, Middle 7 Miles Z2 | REST | 31 Miles/6:12 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |  |
| asy 3 Miles, Zone 1 . Optional walk | Cross training up to 45 minutes | 5.5 Miles OR 1:00 <br> 12:00 Warmup (Z1) <br> 3 miles Z3 <br> Cooldown (Z1) to finish + Optional Walk | Cross training up to 45 minutes | Easy 8 Miles (Z1) OR 1 : 36 | 16 Miles OR 3:12 | REST | 32 Miles/6:24 |
|  |  |  |  |  |  |  |  |

Check out www.gofindyourawesome.com; on Instagram and Facebook @gofindyourawesome; on YouTube: https://www.youtube.com/user/hljscuba2002/

