## **Race Training Plan**

## **Personal Fit Fitness / DebRuns.com**

Race: Date:

| Week | Date | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total |
|------|------|--------|--------|---------|-----------|----------|--------|----------|-------|
|      |      |        |        |         |           |          |        |          |       |
| 1    |      |        |        |         |           |          |        |          |       |
| 2    |      |        |        |         |           |          |        |          |       |
| 3    |      |        |        |         |           |          |        |          |       |
| 4    |      |        |        |         |           |          |        |          |       |
| 5    |      |        |        |         |           |          |        |          |       |
| 6    |      |        |        |         |           |          |        |          |       |
| 7    |      |        |        |         |           |          |        |          |       |
| 8    |      |        |        |         |           |          |        |          |       |
| 9    |      |        |        |         |           |          |        |          |       |
| 10   |      |        |        |         |           |          |        |          |       |
| 11   |      |        |        |         |           |          |        |          |       |
| 12   |      |        |        |         |           |          |        |          |       |
| 13   |      |        |        |         |           |          |        |          |       |
| 14   |      |        |        |         |           |          |        |          |       |
| 15   |      |        |        |         |           |          |        |          |       |
| 16   |      |        |        |         |           |          |        |          |       |
| 17   |      |        |        |         |           |          |        |          |       |
| 18   |      |        |        |         |           |          |        |          |       |
| 19   |      |        |        |         |           |          |        |          |       |
| 20   |      |        |        |         |           |          |        |          |       |
| 21   |      |        |        |         |           |          |        |          |       |
| 22   |      |        |        |         |           |          |        |          |       |
| 23   |      |        |        |         |           |          |        |          |       |
| 24   |      |        |        |         |           |          |        |          |       |
| 25   |      |        |        |         |           |          |        |          |       |
| 26   |      |        |        |         |           |          |        |          |       |