

CONCHATHON RUN-SWIM-HIKE TRAINING CALENDAR

	WEEK 1	WEEK 4	WEEK 7	WEEK 10
SUN		Walk 20 minutes	Walk 30 minutes	Walk 10 mins.; jog 5 mins.; walk 10 mins.
MON				
TUES	Walk continuously 15 minutes	Walk 20 minutes	Walk 30 minutes	Walk 5 mins.; jog 10 mins.; walk 5 mins.
WED				
THUR	Walk 15 minutes	Walk 20-25 minutes	Walk 30 minutes	Walk 5 mins.; jog 10 mins.; walk 5 mins.
FRI				
SAT			Walk 20 minutes	Walk 35-40 mins.

	WEEK 2	WEEK 5	WEEK 8	WEEK 11
SUN	Walk 15 minutes	Walk 20-25 minutes	Walk 30 minutes	Walk 5 mins.; jog 10 mins.; walk 5 mins.
MON				
TUES	Walk 15 minutes	Walk 25 minutes	Walk 35 minutes	Walk 5 mins.; jog 10 mins.; walk 5 mins.
WED				
THUR	Walk 15 minutes	Walk 25 minutes	Walk 35 minutes	Walk 5 mins.; jog 15 mins.; walk 5 mins.
FRI				
SAT		Walk 20 minutes	Walk 25 minutes	Walk 45 minutes

	WEEK 3	WEEK 6	WEEK 9	WEEK 12
SUN	Walk 15-20 minutes	Walk 20 minutes	Walk 10 minutes; jog 5 mins.; walk 10 mins.	Walk 5 mins.; jog 15 mins.; walk 5 mins.
MON				
TUES	Walk 15-20 minutes	Walk 25 minutes	Walk 10 minutes; jog 5 mins.; walk 10 mins.	Walk 5 mins.; jog 15 mins.; walk 5 mins.
WED				
THUR	Walk 20 minutes	Walk 25 minutes	Walk 10 minutes; jog 5 mins.; walk 10 mins.	Walk 5 mins.; jog 15 mins.; walk 5 mins.
FRI				
SAT		Walk 20 minutes	Walk 35-40 minutes	Jog 20 minutes

CONCHATHON RUN-SWIM-HIKE TRAINING CALENDAR

	WEEK 13	WEEK 16	WEEK 19	WEEK 22
SUN	Walk 30-45 minutes	Jog 25 minutes	Swim 15-20 minutes	Walk stairs or hills 15 minutes
MON				
TUES	Jog 20 minutes	Swim 10-12 minutes	Jog 25 minutes	Swim 20-25 minutes
WED		Jog 25 minutes		
THUR	Jog 20 minutes		Swim 20 minutes	Walk stairs or hills 20 minutes
FRI				
SAT	Swim any stroke 5 -10 minutes	Swim 10-15 minutes	Walk stairs or hills 15 minutes	Swim 20-25 minutes

	WEEK 14	WEEK 17	WEEK 20	WEEK 23
SUN	Jog 20 minutes	Jog 25 minutes	Jog 20 minutes	Jog 20-30 minutes
MON				
TUES	Swim any stroke 5 -10 minutes	Swim 15 minutes	Swim 20 minutes	Swim 20-25 minutes
WED		Jog 25 minutes	Jog 30 minutes	
THUR	Jog 20 minutes			Walk stairs or hills 20 minutes
FRI				
SAT	Swim any stroke 10 minutes	Swim 15 minutes	Swim 20 minutes	Swim 25 minutes

	WEEK 15	WEEK 18	WEEK 21	WEEK 24
SUN	Jog 20-25 minutes	Walk stairs or hill 10 minutes	Jog 30 minutes	Walk stairs or hills 20 minutes
MON				
TUES	Swim any stroke 10 minutes	Swim 15-20 minutes	Walk stairs or hills 15 minutes	Swim 25 minutes
WED		Jog 25 minutes	Swim 20 minutes	Jog 20 minutes
THUR	Jog 20-25 minutes		Jog 20-30 minutes	
FRI		Walk stairs or hill 10 minutes		Walk stairs or hills 20 minutes
SAT	Swim any stroke 10-12 minutes		Swim 20-25 minutes	Swim 500-600 YARDS

CONCHATHON RUN-SWIM-HIKE TRAINING CALENDAR

	WEEK 25	WEEK 28	WEEK 31	WEEK 34
SUN	Jog 2 MILES	Jog 3 miles	Walk hills/stairs 35 minutes	Run 3 miles; calisthenics 15 mins.
MON				
TUES	Walk hills or stairs 20-25 minutes	Walk hills/stairs 25-30 minutes	Swim 800-1000 yards	Swim 1200-1400 miles; run 1-2 miles
WED	Swim 500-600 yards	Swim 600-800 yards	Calisthenics 15 minutes	Walk hills/stairs 35-45 minutes
THUR	Calisthenics 10 minutes		Walk hills/stairs 35 minutes	Swim 1200-1400 yards
FRI		Calisthenics 15 minutes		Calisthenics 15 minutes
SAT	Swim 500-600 yards; jog 2 miles	Swim 800 yards; jog 2 miles	Swim 1000 yards	Swim 1200-1400 yards

	WEEK 26	WEEK 29	WEEK 32	WEEK 35
SUN	Walk hills or stairs 20-25 minutes	Walk hills/stairs 30 minutes	Jog 2 miles; calisthenics 15 min.	Run 3-4 miles
MON	Calisthenics 10 minutes	Calisthenics 10-15 minutes		Calisthenics 15 minutes
TUES	Swim 500-800 yards		Swim 1000 yards	Walk hills/stairs 35-45 minutes
WED		Swim 800 yards	Jog 2-3 miles; calisthenics 15 mins.	Swim 1200-1400 yards
THUR	Jog 2-3 miles	Swim 800 yards; jog 2 miles	Walk hills/stairs 30 mins.	
FRI	Calisthenics 10 minutes			Calisthenics 15 minutes
SAT	Swim 500-800 yards	Walk hills/stairs 30 mins.; calisthenics 10 min.	Swim 1000-1200 yards	Swim 1400 yards; run 2 miles

	WEEK 27	WEEK 30	WEEK 33	WEEK 36
SUN	Walk hills or stairs 25 minutes	Swim 800-1000 yards	Jog 2 miles/walk hills 15-20 minutes	Walk hills/stairs 45 minutes
MON	Calisthenics 10 minutes		Swim 1000-1200 yards	
TUES	Swim 600-800 yards	Swim 800-1000 yards; calisthenics 10 min.	Walk hills/stairs 35 mins.	Swim 1400 yards
WED		Jog 3 miles	Calisthenics 15 minutes	Jog 4 miles; calisthenics 10 minutes
THUR	Jog 2-3 miles; walk hills/stairs 10 mins.		Swim 1000-1200 yards	Swim 1400-1600 yards
FRI	Calisthenics 10 minutes	Swim 800-1000 yards		Calisthenics 15 minutes
SAT	Swim 600-800 yards	Jog 3 miles; calisthenics 10-15 min.	Swim 1200-1400 yards	Walk hills/stairs 45 minutes

CONCHATHON RUN-SWIM-HIKE TRAINING CALENDAR

	WEEK 37	WEEK 40	WEEK 43	WEEK 46
SUN	Swim 1400-1600 yards	Swim 1600-1800 yards	Swim 1800-2000 yards	Run 3 miles; walk hills 20-30 mins.
MON			Calisthenics 15 minutes	
TUES	Swim 1000-1200 yards	Walk hills/stairs 45-60 minutes	Swim 1400-1600 yards; run 3 miles	Run 2-3 miles; calisthenics 20 mins.
WED	Jog 4 miles	Swim 1600-1800 yards	Walk hills/stairs 45-60 minutes	
THUR	Calisthenics 15 mins.	Calisthenics 15-20 minutes		Swim 1200-1400 yards
FRI			Swim 1800-2000 yards	
SAT	Swim 1400-1600 yards	Swim 1800 yards; run 2 miles	Run 3 miles; walk hills/stairs 45 mins.	DO EVENT!

	Week 38	WEEK 41	WEEK 44	WEEK 47
SUN	Jog 2 miles; walk hills/stairs 30 mins.	Walk hills/stairs 45-60 minutes	Calisthenics 20 mins.	
MON	Calisthenics 15 mins.		Run 4 miles	
TUES		Swim 1000-1200 yards; run 3 miles	Swim 2000 yards	
WED	Swim 1400-1600 yards; calisthenics 15 mins.	Calisthenics 20 minutes	Calisthenics 15-20 mins.	
THUR		Walk hills/stairs 45-60 minutes	Walk hills/stairs 60 mins.	
FRI	Swim 1400-1600 yards	Swim 1800 yards	Swim 2000 yards; run 2 miles	
SAT	Run 4-5 miles; calisthenics 15 mins.	Run 4-5 miles; calisthenics 15 mins.	Run 4-5 miles	

	WEEK 39	WEEK 42	WEEK 45	WEEK 48
SUN	Walk hills/stairs 45 minutes	Walk hills/stairs 45-60 minutes	Swim 1400-1600 yards; walk hills 30 mins.	
MON	Calisthenics 15 mins.	Swim 1800-2000 yards	Calisthenics 20 mins.	
TUES	Swim 1600 yards	Run 3 miles	Walk hills/stairs 30-45 mins.	
WED		Calisthenics 20 minutes	Swim 1400-1600 yards	
THUR	Swim 1600-1800 yards	Swim 1800-2000 yards	Run 2-3 miles	
FRI	Run 4 miles; calisthenics 15 mins.	Run 4-5 miles; calisthenics 15 mins.	Calisthenics 20 mins.	
SAT	Walk hills/stairs 45-60 minutes	Walk hills/stairs 45-60 minutes	Swim 1000-1200 yards	