

CONCHATTHON RUN-SWIM-HIKE 24 WEEK TRAINING CALENDAR

	WEEK 1	WEEK 4	WEEK 7	WEEK 10
SUN		Walk 20 minutes	Walk 30-40 minutes	Swim any stroke 5-10 minutes
MON				
TUES	Walk continuously 15 minutes	Walk 25 minutes	Walk 10 minutes, Jog 5 minutes, Walk 10 min.	Swim any stroke 10 minutes
WED				Jog 10 minutes; walk as needed (2x)
THUR	Walk 15 minutes	Walk 25 minutes	Walk 10 minutes, Jog 5 minutes, Walk 10 min.	
FRI				
SAT	Walk 15 minutes	Walk 25 minutes	Walk 10 minutes, Jog 5 minutes, Walk 10 min.	Swim any stroke 10 minutes

	WEEK 2	WEEK 5	WEEK 8	WEEK 11
SUN		Walk 25-30 minutes	Walk stairs or hills 10 minutes; rest, repeat	Walk stairs or hills 15 minutes; rest; repeat
MON	Walk 15 minutes			Swim any stroke 10 minutes
TUES		Walk 25-30 minutes	Walk 10 minutes; jog 5 mins.; walk 10 min.	
WED	Walk 15-20 minutes			
THUR		Walk 30 minutes	Walk 10 minutes; jog 7 mins.; walk 10 min.	Swim 10 mins.; jog/walk 10 mins. (2x)
FRI	Walk 15-20 minutes			
SAT		Walk 2 minutes, Jog 1 minute (5x)	Walk stairs or hills 10 minutes; rest, repeat	Swim 15 minutes

	WEEK 3	WEEK 6	WEEK 9	WEEK 12
SUN	Walk 20 minutes	Walk 30 minutes	Swim any stroke 5-10 minutes	Jog 15 minutes; walk as needed
MON				
TUES	Walk 20 minutes	Walk 2 minutes, Jog 1 minute (5x)	Walk 10 minutes; jog 10 mins.; walk 10 mins.	Swim 15 minutes
WED			Swim any stroke 5-10 minutes	
THUR	Walk 20 minutes	Walk 2 minutes, Jog 1 minute (5x)		Swim 15 minutes; jog 15 minutes
FRI				
SAT	Walk 20-25 minutes	Walk 2 minutes, Jog 1 minute (5x)	Walk stairs or hills 10 minutes; rest; repeat	Swim 15-20 minutes

CONCHATON RUN-SWIM-HIKE 24 WEEK TRAINING CALENDAR

	WEEK 13	WEEK 16	WEEK 19	WEEK 22
SUN	Walk stairs or hills 15-20 minutes	Jog 2-3 miles; walk as needed	Swim 600-800 yards	Walk hills or stairs 40 minutes
MON			Jog 2-3 miles	
TUES	Swim 15-20 minutes; jog 15 minutes	Swim 20-25 minutes		Swim 800-1200 yards
WED		Walk hills or stairs 25 minutes	Swim 600-800 yards; walk hills or stairs 30-35 mins.	Walk hills or stairs 40 minutes
THUR	Swim 15-20 minutes; jog 15 minutes			Jog 3 miles; swim 800-1200 yards
FRI			Swim 700-1000 yards	
SAT	Walk stairs or hills 20 minutes	Swim 20-25 minutes; walk hills or stairs 25 mins.	Walk hills or stairs 30-35 minutes	Swim 800-1200 yards

	WEEK 14	WEEK 17	WEEK 20	Week 23
SUN	Walk 1 MILE, jog 1 MILE, walk 1 MILE	Jog 2 miles	Swim 700-1000 yards; jog 2 miles	Walk hills or stairs 40 mins; jog 2 miles
MON				
TUES	Swim 20 minutes	Swim 20-25 minutes	Swim 700-1000 yards; walk hills 30-40 mins.	Swim 1000-1200 yards; jog 2 miles
WED	Walk stairs or hills 20 minutes	Jog 2 miles	Jog 3 miles	Walk hills or stairs 45 mins;
THUR		Swim 20-25 minutes; walk hills or stairs 25 mins.		
FRI	Jog 2 miles; walk as needed		Swim 700-1000 yards; jog 2 miles	Swim 1000-1200 yards
SAT	Swim 20 minutes	Swim 500-600 YARDS; jog 2-3 miles	Walk hills or stairs 35-45 minutes	Jog 2-3 miles

	WEEK 15	WEEK 18	WEEK 21	WEEK 24
SUN	Walk hills or stairs 20 minutes	Walk hills or stairs 25-30 minutes	Swim 800-1200 yards	Walk hills/stairs 45 mins; Swim 1000-1200 yards
MON		Swim 500-600 yards		
TUES	Swim 20 minutes		Swim 800-1200 yards	Swim 1000-1200 yards; jog 2 miles
WED	Jog 2 miles	Swim 500-800 yards; jog 2 miles	Jog 3 miles	Swim 1000-1200 yards; walk hills/stairs 45 mins
THUR				Jog 2 miles
FRI		Swim 500-800 yards		
SAT	Swim 20 minutes; walk hills or stairs 20 mins.	Walk hills or stairs 25-35 minutes	Swim 800-1000 yards; jog 2 miles	DO EVENT!