

CONCHATHON 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 |

CONCHATHON 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! |