

RUNEAT Repeat

| Week | Day 1 | Day 2 | Day 3 | Run / Walk time |
|------|----------|---------|-------------|--|
| 1 | 2 miles | 2 miles | 3 miles | 2 min run / 1 min walk |
| 2 | 2 miles | 2 miles | 3 miles | 2 min run / 1 min walk |
| 3 | 2 miles | 3 miles | 3 miles | 2 min run / 1 min walk |
| 4 | 3 miles | 3 miles | 3 miles | 2 min run / 1 min walk |
| 5 | 3 miles | 3 miles | 4 miles | 3 min run / 1 min walk |
| 6 | 4 miles | 3 miles | 4 miles | 3 min run / 1 min walk |
| 7 | 4 miles | 3 miles | 5 miles | 3 min run / 1 min walk |
| 8 | 4 miles | 3 miles | 6 miles | 3 min run / 1 min walk |
| 9 | 4 miles | 4 miles | 6 miles | 4 min run / 1 min walk |
| 10 | 5 miles | 5 miles | 7 miles | 4 min run / 1 min walk |
| 11 | 5 miles | 5 miles | 7 miles | 4 min run / 1 min walk |
| 12 | 6 miles | 5 miles | 8 miles | 4 min run / 1 min walk |
| 13 | 6 miles | 6 miles | 9 miles | 4 min run / 1 min walk |
| 14 | 6 miles | 6 miles | 10 miles | 4 min run / 1 min walk |
| 15 | 6 miles | 6 miles | 3 - 5 miles | 4 min run / 1 min walk |
| 16 | 4 miles | 3 miles | walk | 4 min run / 1 min walk |
| Race | RACE DAY | | | www.RunEatRepeat.com |

Always check with your doctor before starting any exercise or diet plan