

Long Run Schedule

Week 1 Dec. 12: 6mile

Week 2 Dec. 19: 8 mile

Week 3 Dec. 26: 10 mile

Week 4 Jan. 2: 12 mile

Week 5 Jan. 9: 10 mile

Week 6 Jan. 16: 14 mile

Week 7 Jan. 23: 10 mile

Week 8 Jan. 30: 14-16 mile

Week 9 Feb. 6: 10 mile

Week 10 Feb. 13: 16 mile

Week 11 Feb. 20: 10 mile

Week 12 Feb. 27: 18 mile

Week 13 March 5: 10 mile

Week 14 March 12: 14-18 mile

Week 15 March 20: 12 mile

Week 16 March 26: 21 mile

Week 17 April 2: 10 mile