

Modified Long Run Schedule 2016

Jan. 23 = 8 mi

Jan. 30 = 10 mi

Feb. 6 = 10 mi

Feb. 13 = 12 mi

Feb. 20 = 10 mi

Feb. 27 = 12-14 mi

March 5 = 10 mi

March 12 = 14-16 mi

March 19 = 8-10 mi

March 26 = 16 - 18 - 20 mi

April 2 = 8 mi

April 9 = 8 mi

REASONS FOR MODIFIED PLAN:

- *Started late*
- *Been injured or concerned about injury*
- *Are not up to mileage on schedule*