RUN THE YEAR

# 2020 CHALLENGE

2,020 MILES IN

## Mileage Plans - 10 Miles Per Week

There are so many ways to get in 2,020 miles in a single year. Here are just a few ways. You can try it solo or divide the miles with teammates to share the load. You can divide the miles up between teammates anyway you like! Choose the plan below to help you and your team plan your miles.

### THE PYRAMID

The Pyramid plan is an awesome way to build up to a longer workout mid week and then back down before a solid weekend run/walk.

### THE WEEKEND WARRIOR

If you have limited time during the week but can carve out some time on the weekend to get in more miles this plan is for you!

### FRONT END LOADED

Get the bulk of your miles in at the beginning of the week and then coast with less miles for the rest.

### THE ONE HIT WONDER

If you want to get a huge amount of miles out of the way in a single day this is a good plan. Be careful if you have not gone this far before and work up to this plan.

### EVEN STEVEN

This plan keeps the miles each day very even so you do roughly the same mileage each day. For those who like to keep a consistent routine.

### Instructions for 10 miles a week

Get in 10 miles a week for yourself, or contribute 10 miles a week to a team to complete the challenge together!

Included are 5 ways to get in 10 miles a week in 4, 5, 6, or 7 days. Depending on your schedule for any given week you can go between plans to get the miles. Feel free to alter these plans to fit your personal needs and schedule.

**Make Fit Happen In 2020!**

# 10 Miles A Week In 4 Days

| Plan | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| *The Pyramid* | Rest or Make Up | 2 Miles | 3 Miles | Rest or Make Up | 3 Miles | 2 Miles | Rest or Make Up |
| *The Weekend Warrior* | 4 Miles | Rest or Make Up | 2 Miles | Rest or Make Up | 1 Mile | Rest or Make Up | 3 Miles |
| *The Front Loaded* | Rest or Make Up | 4 Miles | 3 Miles | 2 Miles | Rest or Make Up | 1 Mile | Rest or Make Up |
| *The One Hit Wonder* | Rest or Make Up | 2 Miles | Rest or Make Up | 1 Mile | Rest or Make Up | 1 Mile | 6 Miles |
| *Even Steven* | Rest or Make Up | 2 Miles | Rest or Make Up | 3 Miles | 2 Miles | Rest or Make Up | 3 Miles |
| | | | | | | | |

# 10 Miles A Week In 5 Days

| Plan | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| *The Pyramid* | Rest or Make Up | 1 Mile | 2 Miles | 3 Miles | 2 Miles | 2 Miles | Rest or Make Up |
| *The Weekend Warrior* | 4 Miles | Rest or Make Up | 1 Mile | 1 Mile | 1 Mile | Rest or Make Up | 3 Miles |
| *The Front Loaded* | 4 Miles | 3 Miles | 1 Mile | Rest or Make Up | 1 Mile | 1 Mile | Rest or Make Up |
| *The One Hit Wonder* | Rest or Make Up | 1 Mile | 1 Mile | 1 Mile | Rest or Make Up | 1 Mile | 6 Miles |
| *Even Steven* | 2 Miles | 2 Miles | Rest or Make Up | 2 Miles | 2 Miles | Rest or Make Up | 2 Miles |
| | | | | | | | |

# 10 Miles A Week In 6 Days

| Plan | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| *The Pyramid* | Rest or Make Up | 1 Mile | 2 Miles | 3 Miles | 2 Miles | 1 Mile | 1 Mile |
| *The Weekend Warrior* | 3 Miles | Rest or Make Up | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 3 Miles |
| *The Front Loaded* | 3 Miles | 3 Miles | 1 Mile | Rest or Make Up | 1 Mile | 1 Mile | 1 Mile |
| *The One Hit Wonder* | Rest or Make Up | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 5 Miles |
| *Even Steven* | 1 Mile | 2 Miles | 2 Miles | 1 Mile | 2 Miles | Rest or Make Up | 2 Miles |
| | | | | | | | |

# 10 Miles A Week In 7 Days

| Plan | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| *The Pyramid* | 1 Mile | 1 Mile | 2 Miles | 2 Miles | 2 Miles | 1 Mile | 1 Mile |
| *The Weekend Warrior* | 2 Miles | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 3 Miles |
| *The Front Loaded* | 3 Miles | 2 Miles | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile |
| *The One Hit Wonder* | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 4 Miles |
| *Even Steven* | 1 Mile | 2 Miles | 1 Mile | 2 Miles | 2 Miles | 1 Mile | 1 Mile |
| | | | | | | | |