

		JUNE 2026				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 Recommended distance of 2-5 miles New runners are recommended to start with 1 - 2 miles	9 Recommended distance 3-6 Miles New runners are recommended to start with 2-3 miles	10 Recommended distance of 2-5 miles New runners are recommended to start with 1 - 2 miles	11 R Recommended distance 3-6 Miles New runners are recommended to start with 2-3 miles	12 Recommended distance of 2-5 miles New runners are recommended to start with 1 - 2 miles	13 Recommended distance of 4-6 miles New runners are recommended to start with 2-3 miles	14 rest if you want to or Recommended distance of 2-6 miles easy Week total between 18 to 39 miles.
15 Recommended distance of 2-5 miles New runners are recommended to start with 1 - 2 miles	16 Recommended distance 3-6 Miles New runners are recommended to start with 2-3 miles	17 Recommended distance of 3-6 miles New runners are recommended to start with 2-3 miles	18 Recommended distance 3-6 Miles Fartlek run. Half mile warm up, 1min at 70%, 2 min recovery pace, total of 6, 1 min bursts. Cool down to complete distance for day.	19 Recommended distance of 2-6 miles New runners are recommended to start with 1 - 2 miles	20 Recommended distance of 4-6 miles New runners are recommended to start with 2-3 miles	21 Recommended distance of 3-6 miles easy Week total Between 20 to 41 miles.
22 Recommended distance of 3-6 miles New runners are recommended to start with 2-3 miles	23 Recommended distance 4-7 Miles New runners are recommended to start with 2-3 miles	24 Recommended distance of 3-6 miles New runners are recommended to start with 2-3 miles	25 Recommended distance 4-7 Miles Fartlek run. Half mile warm up, 1min at 70%, 2 min recovery pace, total of 8, 1 min bursts. Cool down to complete distance for day.	26 Recommended distance of 3-6 miles New runners are recommended to start with 2-3 miles	27 Recommended distance of 4-7 miles New runners are recommended to start with 2-3 miles	28 rest if you want to or recommended run of 3-6 easy Week Totals Between 24 to 45 miles
29 Recommended distance of 3-6 miles New runners are recommended to start with 2-3 miles	30 Recommended distance 4-7 Miles New runners are recommended to start with 2-4 miles					