

6.2 miles in 14 weeks

Between 2 days of running, always keep 1 day as a day for resting.

- = Run on a slow pace
- = Jogging (= Same speed as 'Slow pace')
- = Normal running pace (A little faster than Jogging, but you must be able to talk during the run)
- = Run fast (Near sprint)
- = Accelerated run

