

# MS150 Training Plan

	Week	MON <i>Easy</i>	TUE <i>Pace</i>	WED <i>Brisk</i>	THU	FRI <i>Pace</i>	SAT <i>Pace</i>	SUN <i>Pace</i>	WEEKLY MILEAGE
<b>Monday 05-01</b>	1	6	10	12	<i>Off</i>	10	30	9	<b>77</b>
<b>Monday 05-08</b>	2	7	11	13	<i>Off</i>	11	34	10	<b>86</b>
<b>Monday 05-15</b>	3	8	13	15	<i>Off</i>	13	38	11	<b>98</b>
<b>Monday 05-22</b>	4	8	14	17	<i>Off</i>	14	42	13	<b>108</b>
<b>Monday 05-29</b>	5	9	12	19	<i>Off</i>	15	47	14	<b>116</b>
<b>Monday 06-05</b>	6	11	15	21	<i>Off</i>	15	53	16	<b>131</b>
<b>Monday 06-12</b>	7	12	15	24	<i>Off</i>	15	59	18	<b>143</b>
<b>Monday 06-19</b>	8	13	15	25	<i>Off</i>	15	65	20	<b>153</b>
<b>Monday 06-26</b>	9	15	15	25	<i>Off</i>	15	65	20	<b>155</b>
<b>Monday 07-03</b>	10	15	15	<i>Off</i>	10	<i>5 easy</i>	MS 150 Day 1	MS 150 Day 2	<b>230</b>