

BDB Training Program Distance

		A	B	C
		17 Mph	15 mph	13 Mph
Week 1	June 22	30	25	14
Week 3	July 6	36	30	17
Week 5	July 20	43	36	20
Week 7	August 3	52	43	24
Week 9	August 17	62	52	29
Week 11	August 31	75	62	35
Week 13	September 14	90	75	42
Week 15	September 21	62	40	21

A-pace group weekly plan

	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1	June 22		20		20		30	16	86
Week 2	June 29		20	(Optional easy 30 min)	20		33	16	89
Week 3	July 6	(Optional easy 30 min)	22	(Optional easy 30 min)	22		36	16	96
Week 4	July 13		22		22		40	16	100
Week 5	July 20		24	(Optional easy 30 min)	24		44	16	108
Week 6	July 27	(Optional easy 30 min)	24	(Optional easy 30 min)	24		48	16	112
Week 7	August 3		17		17		53	16	103
Week 8	August 10		24	(Optional easy 30 min)	24		58	16	122
Week 9	August 17	(Optional easy 30 min)	24	(Optional easy 30 min)	24		64	16	128
Week 10	August 24		26		26		71	16	139
Week 11	August 31		26	(Optional easy 30 min)	26		78	16	146
Week 12	September 7	(Optional easy 30 min)	28	(Optional easy 30 min)	28		86	16	158
Week 13	September 14	(Optional easy 30 min)	28	(Optional easy 30 min)	28	(Optional easy 30 min)	94	16	166
Week 15	September 21		16		16		62	16	110
Week 16	September 28		16		16		105		

B-pace group weekly plan

	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1	June 22		17		17		25	(Optional easy 30 min)	59
Week 2	June 29		17	(Optional easy 30 min)	17		28	(Optional easy 30 min)	62
Week 3	July 6	(Optional easy 30 min)	19	(Optional easy 30 min)	19		30	(Optional easy 30 min)	68
Week 4	July 13		19		19		33	(Optional easy 30 min)	71
Week 5	July 20		21	(Optional easy 30 min)	21		36	(Optional easy 30 min)	78
Week 6	July 27	(Optional easy 30 min)	21	(Optional easy 30 min)	21		40	(Optional easy 30 min)	82
Week 7	August 3		17		17		43	(Optional easy 30 min)	77
Week 8	August 10		23	(Optional easy 30 min)	23		47	(Optional easy 30 min)	93
Week 9	August 17	(Optional easy 30 min)	23	(Optional easy 30 min)	23		52	(Optional easy 30 min)	98
Week 10	August 24		25		25		57	(Optional easy 30 min)	107
Week 11	August 31		25	(Optional easy 30 min)	25		62	(Optional easy 30 min)	112
Week 12	September 7	(Optional easy 30 min)	27	(Optional easy 30 min)	27		68	(Optional easy 30 min)	122
Week 13	September 14	(Optional easy 30 min)	27	(Optional easy 30 min)	27	(Optional easy 30 min)	75	(Optional easy 30 min)	129
Week 15	September 21		17	(Optional easy 30 min)	17		40		74
Week 16	September 28		17		17		75		

C-pace group weekly plan

	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1	June 22		15		15		14	(Optional easy 30 min)	44
Week 2	June 29		15	(Optional easy 30 min)	15		15	(Optional easy 30 min)	45
Week 3	July 6	(Optional easy 30 min)	17	(Optional easy 30 min)	17		17	(Optional easy 30 min)	51
Week 4	July 13		17		17		19	(Optional easy 30 min)	53
Week 5	July 20		19	(Optional easy 30 min)	19		20	(Optional easy 30 min)	58
Week 6	July 27	(Optional easy 30 min)	19	(Optional easy 30 min)	19		23	(Optional easy 30 min)	61
Week 7	August 3		15		15		24	(Optional easy 30 min)	54
Week 8	August 10		21	(Optional easy 30 min)	21		26	(Optional easy 30 min)	68
Week 9	August 17	(Optional easy 30 min)	21	(Optional easy 30 min)	21		29	(Optional easy 30 min)	71
Week 10	August 24		23		23		32	(Optional easy 30 min)	78
Week 11	August 31		23	(Optional easy 30 min)	23		35	(Optional easy 30 min)	81
Week 12	September 7	(Optional easy 30 min)	25	(Optional easy 30 min)	25		39	(Optional easy 30 min)	89
Week 13	September 14	(Optional easy 30 min)	25	(Optional easy 30 min)	25	(Optional easy 30 min)	42		92
Week 15	September 21		15		15		21		51
Week 16	September 28		15		15		50		