

Charm City Run 200 Mile Training Plan

Week	Day	DATE	200 Mile Bay Challenge	200 Bay
	Sa	5/23/20	Long Run	3
	Su	5/24/20	Recovery Run	2
1	M	5/25/20	Reg Miles	2
	Tu	5/26/20	OFF or X-train	OFF
	W	5/27/20	Reg Miles	2
	Th	5/28/20	Reg Miles/OFF/X-train	3
	F	5/29/20	OFF or X-train	OFF/x-train
	Sa	5/30/20	Long Run	4
	Su	5/31/20	Recovery Run	2
2	M	6/1/20	Reg Miles	3
	Tu	6/2/20	OFF or X-train	OFF
	W	6/3/20	Reg Miles	3
	Th	6/4/20	Reg Miles/OFF/X-train	3
	F	6/5/20	OFF or X-train	OFF/x-train
	Sa	6/6/20	Long Run	4
	Su	6/7/20	Recovery Run	2
3	M	6/8/20	Reg Miles	3
	Tu	6/9/20	OFF or X-train	OFF
	W	6/10	Reg Miles	3
	Th	6/11/20	Reg Miles/OFF/X-train	3
	F	6/12/20	OFF or X-train	OFF/x-train
	Sa	6/13/20	Long Run	5
	Su	6/14/20	Recovery Run	2
4	M	6/15/20	Reg Miles	3
	Tu	6/16/20	OFF or X-train	OFF
	W	6/17/20	Reg Miles	3
	Th	6/18/20	Reg Miles/OFF/X-train	3
	F	6/19/20	OFF or X-train	OFF/x-train
	Sa	6/20/20	Long Run	5
	Su	6/21/20	Recovery Run	2

5	M	6/22/20	Reg Miles	3
	Tu	6/23/20	OFF or X-train	OFF
	W	6/24/20	Reg Miles	3
	Th	6/25/20	Reg Miles/OFF/X-train	3
	F	6/26/20	OFF or X-train	OFF/x-train
	Sa	6/27/20	Long Run	5
	Su	6/28/20	Recovery Run	2
6	M	6/29/20	Reg Miles	3
	Tu	6/30	OFF or X-train	OFF
	W	7/1/20	Reg Miles	3
	Th	7/2/20	Reg Miles/OFF/X-train	3
	F	7/3/20	OFF or X-train	OFF/x-train
	Sa	7/4/20	Long Run	6
	Su	7/5/20	Recovery Run	2
7	M	7/6/20	Reg Miles	3
	Tu	7/7/20	OFF or X-train	OFF
	W	7/8/20	Reg Miles	3
	Th	7/9/20	Reg Miles/OFF/X-train	3
	F	7/10/20	OFF or X-train	OFF/x-train
	Sa	7/11/20	Long Run	6
	Su	7/12/20	Recovery Run	2
8	M	7/13/20	Reg Miles	3
	Tu	7/14/20	OFF or X-train	OFF
	W	7/15/20	Reg Miles	3
	Th	7/16/20	Reg Miles/OFF/X-train	3
	F	7/17/20	OFF or X-train	OFF/x-train
	Sa	7/18/20	Long Run	6
	Su	7/19/20	Recovery Run	2
	M	7/20/20	Reg Miles	3
	Tu	7/21/20	OFF or X-train	OFF
	W	7/22/20	Reg Miles	3

9	Th	7/23/20	Reg Miles/OFF/X-train	3
	F	7/24/20	OFF or X-train	OFF/x-train
	Sa	7/25/20	Long Run	6
	Su	7/26/20	Recovery Run	2
10	M	7/27/20	Reg Miles	3
	Tu	7/28/20	OFF or X-train	OFF
	W	7/29/20	Reg Miles	3
	Th	7/30/20	Reg Miles/OFF/X-train	3
	F	7/31/20	OFF or X-train	OFF/x-train
	Sa	8/1/20	Long Run	6
	Su	8/2/20	Recovery Run	2
11	M	8/3/20	Reg Miles	3
	Tu	8/4/20	OFF or X-train	OFF
	W	8/5/20	Reg Miles	3
	Th	8/6/20	Reg Miles/OFF/X-train	3
	F	8/7/20	OFF or X-train	OFF/x-train
	Sa	8/8/20	Long Run	6
	Su	8/9/20	Recovery Run	2
12	M	8/10/20	Reg Miles	4
	Tu	8/11/20	OFF or X-train	OFF
	W	8/12/20	Reg Miles	4
	Th	8/13/20	Reg Miles/OFF/X-train	4
	F	8/14	OFF or X-train	OFF/x-train
	Sa	8/15/20	Long Run	6
	Su	8/16/20	Recovery Run	2
	M	8/17	Reg Miles	4
	Tu	8/18/20	OFF or X-train	OFF
	W	8/19/20	Reg Miles	3
	Th	8/20/20	Reg Miles/OFF/X-train	4
	F	8/21/20	OFF or X-train	OFF/ X-train
	Sa	8/22/20	Long Run	6

13	Su	8/23/20	Recovery Run	2
15	M	8/24/20	Reg Miles	4
	Tu	8/25/20	OFF or X-train	OFF
	W	8/26/20	Reg Miles	4
	Th	8/27/20	Reg Miles/OFF/X-train	4
	F	8/28/20	OFF or X-train	OFF/ X-train
	Sa	8/29/20	Long Run	6
	Su	8/30/20	Recovery Run	2
16	M	8/31/20	Reg Miles	4
	Tu	9/1/20	OFF or X-train	OFF
	W	9/2/20	Reg Miles	4
	Th	9/3/20	Reg Miles/OFF/X-train	4
	F	9/4/20	OFF or X-train	OFF/ X-train
	Sa	9/5/20	Long Run	6
	Su	9/6/20	Recovery Run	4
	M	9/7/20	Reg Miles	4
				200