



**2,021 MILES IN**  
**2021** CHALLENGE



Mileage Plan  
*30 Miles Per Week*

powered by  
 **RUN<sup>W</sup>THE<sub>W</sub>EDGE**



# Mileage Plan

## *30 Miles Per Week*

There are so many ways to get in 2,021 miles in a single year. Here are just a few ways. You can try it solo or divide the miles with teammates to share the load. You can divide the miles up between teammates anyway you like! Choose the plan below to help you and your team plan your miles.

### Instructions for 30 Miles a Week

Get in 30 miles a week for yourself, or contribute 30 miles a week to a team to complete the challenge together!

Included are 5 ways to get in 30 miles a week in 4, 5, 6, or 7 days. Depending on your schedule for any given week you can go between plans to get the miles. Feel free to alter these plans to fit your personal needs and schedule.

### Make Fit Happen In 2021!

#### *The Pyramid*

The Pyramid plan is an awesome way to build up to a longer workout mid week and then back down before a solid weekend run/walk.

#### *The Weekend Warrior*

If you have limited time during the week but can carve out some time on the weekend to get in more miles this plan is for you!

#### *The Front Loaded*

Get the bulk of your miles in at the beginning of the week and then coast with less miles for the rest.

#### *The One Hit Wonder*

If you want to get a huge amount of miles out of the way in a single day this is a good plan. Be careful if you have not gone this far before and work up to this plan.

#### *Even Steven*

This plan keeps the miles each day very even so you do roughly the same mileage each day. For those who like to keep a consistent routine.

## 30 MILES A WEEK IN 4 DAYS

PLANS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>The Pyramid</i>	Rest or Make Up	7 Miles	8 Miles	Rest or Make Up	8 Miles	7 Miles	Rest or Make Up
<i>The Weekend Warrior</i>	10 Miles	Rest or Make Up	5 Miles	Rest or Make Up	5 Miles	Rest or Make Up	10 Miles
<i>The Front Loaded</i>	Rest or Make Up	10 Miles	10 Miles	5 Miles	Rest or Make Up	5 Miles	Rest or Make Up
<i>The One Hit Wonder</i>	Rest or Make Up	4 Miles	Rest or Make Up	5 Miles	Rest or Make Up	5 Miles	16 Miles
<i>Even Steven</i>	Rest or Make Up	7 Miles	Rest or Make Up	8 Miles	7 Miles	Rest or Make Up	8 Miles

## 30 MILES A WEEK IN 5 DAYS

PLANS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>The Pyramid</i>	Rest or Make Up	5 Miles	6 Miles	8 Miles	6 Miles	5 Miles	Rest or Make Up
<i>The Weekend Warrior</i>	9 Miles	Rest or Make Up	4 Miles	4 Miles	4 Miles	Rest or Make Up	9 Miles
<i>The Front Loaded</i>	9 Miles	9 Miles	4 Miles	Rest or Make Up	4 Miles	4 Miles	Rest or Make Up
<i>The One Hit Wonder</i>	Rest or Make Up	3 Miles	3 Miles	5 Miles	Rest or Make Up	4 Miles	15 Miles
<i>Even Steven</i>	6 Miles	6 Miles	Rest or Make Up	6 Miles	6 Miles	Rest or Make Up	6 Miles

## 30 MILES A WEEK IN 6 DAYS

PLANS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>The Pyramid</i>	Rest or Make Up	4 Miles	5 Miles	6 Miles	6 Miles	5 Miles	4 Miles
<i>The Weekend Warrior</i>	8 Miles	Rest or Make Up	4 Miles	3 Miles	3 Miles	4 Miles	8 Miles
<i>The Front Loaded</i>	8 Miles	8 Miles	4 Miles	Rest or Make Up	4 Miles	3 Miles	3 Miles
<i>The One Hit Wonder</i>	Rest or Make Up	4 Miles	4 Miles	4 Miles	4 Miles	4 Miles	10 Miles
<i>Even Steven</i>	5 Miles	5 Miles	5 Miles	5 Miles	5 Miles	Rest or Make Up	5 Miles

## 30 MILES A WEEK IN 7 DAYS

PLANS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>The Pyramid</i>	3 Miles	4 Miles	5 Miles	6 Miles	5 Miles	4 Miles	3 Miles
<i>The Weekend Warrior</i>	8 Miles	2 Miles	3 Miles	3 Miles	2 Miles	2 Miles	10 Miles
<i>The Front Loaded</i>	9 Miles	11 Miles	2 Miles	2 Miles	2 Miles	2 Miles	2 Miles
<i>The One Hit Wonder</i>	2 Miles	2 Miles	2 Miles	2 Miles	2 Miles	2 Miles	18 Miles
<i>Even Steven</i>	4 Miles	4 Miles	5 Miles	4 Miles	4 Miles	5 Miles	4 Miles