

# 21 day FIX™

PLUS

# 15K

{3 month}  
training schedule

Start Date \_\_\_\_\_

Finish Date \_\_\_\_\_

<b>DAY 1</b> 2 mile RUN <i>YOU GOT THIS!</i>	<b>DAY 2</b> Upper Fix	<b>DAY 3</b> 3 mile RUN	<b>DAY 4</b> Lower Fix	<b>DAY 5</b> Dirty 30	<b>DAY 6</b> 3 mile RUN	<b>DAY 7</b> Rest (meal prep)
<b>DAY 8</b> 3 mile RUN	<b>DAY 9</b> Upper Fix	<b>DAY 10</b> 2 mile RUN	<b>DAY 11</b> Lower Fix	<b>DAY 12</b> Yoga Fix	<b>DAY 13</b> 4 mile RUN	<b>DAY 14</b> Rest (meal prep)
<b>DAY 15</b> 2 mile RUN	<b>DAY 16</b> Upper Fix	<b>DAY 17</b> 3 mile RUN	<b>DAY 18</b> Lower Fix	<b>DAY 19</b> Dirty 30	<b>DAY 20</b> 4 mile RUN	<b>DAY 21</b> Rest (meal prep)
<b>DAY 22</b> 2 mile RUN	<b>DAY 23</b> Upper Fix	<b>DAY 24</b> 2 mile RUN	<b>DAY 25</b> Lower Fix	<b>DAY 26</b> Yoga Fix	<b>DAY 27</b> 2 mile RUN	<b>DAY 28</b> Rest (meal prep)

Notes: \_\_\_\_\_

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<b>DAY 29</b> 2 mile RUN <i>YOU GOT THIS!</i>	<b>DAY 30</b> Upper Fix	<b>DAY 31</b> 4 mile RUN	<b>DAY 32</b> Lower Fix	<b>DAY 33</b> Dirty 30	<b>DAY 34</b> 5 mile RUN	<b>DAY 35</b> Rest (meal prep)
<b>DAY 36</b> 4 mile RUN	<b>DAY 37</b> Upper Fix	<b>DAY 38</b> 3 mile RUN	<b>DAY 39</b> Lower Fix	<b>DAY 40</b> Yoga Fix	<b>DAY 41</b> 5 mile RUN	<b>DAY 42</b> Rest (meal prep)
<b>DAY 43</b> 4 mile RUN	<b>DAY 44</b> Upper Fix	<b>DAY 45</b> 3 mile RUN	<b>DAY 46</b> Lower Fix	<b>DAY 47</b> Dirty 30	<b>DAY 48</b> 6 mile RUN	<b>DAY 49</b> Rest (meal prep)
<b>DAY 50</b> 5 mile RUN	<b>DAY 51</b> Upper Fix	<b>DAY 52</b> 3 mile RUN	<b>DAY 53</b> Lower Fix	<b>DAY 54</b> Yoga Fix	<b>DAY 55</b> 7 mile RUN	<b>DAY 56</b> Rest (meal prep)

Notes: \_\_\_\_\_

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Finish Date \_\_\_\_\_

<b>DAY 57</b> 4 mile RUN <i>YOU GOT THIS!</i>	<b>DAY 58</b> Upper Fix	<b>DAY 59</b> 3 mile RUN	<b>DAY 60</b> Lower Fix	<b>DAY 61</b> Dirty 30	<b>DAY 62</b> 7 mile RUN	<b>DAY 63</b> Rest (meal prep)
<b>DAY 64</b> 3 mile RUN	<b>DAY 65</b> Upper Fix	<b>DAY 66</b> 4 mile RUN	<b>DAY 67</b> Lower Fix	<b>DAY 68</b> Yoga Fix	<b>DAY 69</b> 5 mile RUN	<b>DAY 70</b> Rest (meal prep)
<b>DAY 71</b> 5 mile RUN	<b>DAY 72</b> Upper Fix	<b>DAY 73</b> 3 mile RUN	<b>DAY 74</b> Lower Fix	<b>DAY 75</b> Dirty 30	<b>DAY 76</b> 8 mile RUN	<b>DAY 77</b> Rest (meal prep)
<b>DAY 78</b> 3 mile RUN	<b>DAY 79</b> Upper Fix	<b>DAY 80</b> 2 mile RUN	<b>DAY 81</b> Lower Fix	<b>DAY 82</b> 2 mile RUN	<b>DAY 83</b> REST	<b>DAY 94</b> RACE DAY (15 k) <i>WOO HOO!!</i>

Your Race time: \_\_\_\_\_ Next Goal: \_\_\_\_\_

Final Thoughts / Notes: \_\_\_\_\_