

# Distance Endurance Training Calendar

## Endurance Goal

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

## Endurance Test

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

Week One

### Session 1

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 2

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 3

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 4

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 5

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

Week Two

### Session 1

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 2

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 3

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 4

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 5

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

Week Three

### Session 1

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 2

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 3

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 4

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 5

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

Week Four

### Session 1

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 2

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 3

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 4

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_

### Session 5

Time: \_\_\_\_\_  
Distance: \_\_\_\_\_