TRAINING PLAN DISTANCE CALCULATION
To calculate the total 'run' minutes: multiply the number of 'run' minutes x number of 'repeats'
-   Then check the chart below for the approximate total distance according to the number of calculated 'run' minutes. Example:
    Week 1 on Saturday: the total number of run' minutes = 10 minutes (2min x 5 repeats)
    o   At 14 min/mile pace a runner would likely cover 0.7miles
    o   At 12 min/mile pace a runner would likely cover 0.8 miles
    o   At 10 min/mile pace a runner would likely cover 1.0 miles

Your pace time may decrease as you progress in the plan. The Calculation is meant to give you a range of miles you are likely to be running on Saturdays; the walking minutes are ignored and the pre- and post-run minutes are also not counted in the calculation.

Note: If you wish to estimate the pre-run warm-up and post-run cool-down walking distance, an average moderate pace is about 16 minutes/mile
-   *1 minute walking at 16min/mile = 1/16 of a mile distance = .0625 mile*
-   *5min pre-run walk + 5min post-run walk = 10min x .0625 mile = 62.5% mile ~ **0.63 mile***
-   ***Add to calculated 'run' distance:***
    (14 min/mile pace covers 0.7miles in 10 minutes + 0.63mile =1.3miles total)

14 minutes/mile running speed
    x 1 minutes = 1/14 mile = 7% mile ~ .07 mile
    x 2 minutes = 2/14 miles = 14% mile ~ .14 mile
    x 3 minutes = 3/14 miles = 21% mile or .21 mile
    x 4 minutes = 4/14 miles= 2/7 = 28.57% mile ~ .29 mile
    x 5 minutes = 5/14 miles = 35% mile or .35 mile
    x 6 minutes = 6/14 miles = (3/7) = 42% or .42 mile
    x 7 minutes = 7/14 miles = 1/2 = 50% or .5 mile
    x 8 minutes = 8/14 miles = 4/7 = 57% or .57 mile
    x 9 minutes = 9/14 miles = 63% or .63 mile
    x 10 minutes = 10/14 miles = 5/7 = 70% or .7 mile
    x 12 minutes = 12/14 miles = 6/7 = 84% or .84 mile
    x 15 minutes = 15/14 miles = 1+1/14 miles= 1.07 miles
    x 20 minutes = 20/14 miles = 1+ 6/14 miles= 1.42 miles
    x 24 minutes = 24/14 miles = 1+10/14 miles = 1.7 miles
    x 25 minutes = 25/14 miles = 1 + 11/14 miles = 1.77 miles
    x 28 minutes = 28/14 miles = 2 miles
    x 30 minutes = 30/14 miles = 2+ 2/14 miles = 2.14 miles
    x 32 minutes = 32/14 miles = 2 + 4/14 miles = 2.29 miles
    x 35 minutes = 35/14 miles = 2 + 7/14 miles = 2.5 miles
    x 37 minutes = 37/14 miles = 2 + 9/14 miles = 2.63
    x 40 minutes = 40/14 miles = 2 + 12/14 miles = 2.84 miles
    x 42 minutes = 42/14 miles = 3 miles
    x 43 minutes = 43/14 miles = 3 + 1/14 = 3.07 miles
    x 45 minutes = 45/14 miles = 3 + 3/14 miles = 3.21 miles
    x 58 minutes = 58/14 miles = 4 +2/14 miles = 4.14 miles

12 minutes/mile running speed
    x 1 minutes = 1/12 miles = 8% mile ~ .08 mile
    x 2 minutes = 2/12 miles = 16% mile ~ .16 mile

x 3 minutes = 3/12 miles = 25% mile or .25 mile
x 4 minutes = 4/12 miles= 1/3 = 33% of a mile or .29 mile
x 5 minutes = 5/12 miles = 42% mile or ~ .4 mile
x 6 minutes = 6/12 miles = 1/2 = 50% or .5 mile
x 7 minutes = 7/12 miles = 56% or .56 mile
x 8 minutes = 8/12 miles = 2/3 = 67% or .67 mile
x 9 minutes = 9/12 miles = ¾= 75% or .75 mile
x 10 minutes = 10/12 miles = 5/6 = 80% or .8 mile
x 12 minutes = 12/12 miles = 100% or 1 mile
x 15 minutes = 15/12 miles = 1+3/12= 1.25 miles
x 20 minutes = 20/12 miles = 1+ 8/12 = 1.67 miles
x 24 minutes = 24/12 miles = 2 miles
x 25 minutes = 25/12 miles = 2 + 1/12 miles = 2.1 miles
x 28 minutes = 28/12 miles = 2 + 4/12 miles = 2.29 miles
x 30 minutes = 30/12 miles = 2 + 6/12 miles = 2.5 miles
x 32 minutes = 32/12 miles = 2 + 8/12 miles = 2.67 miles
x 35 minutes = 35/12 miles = 2 + 11/12 miles = 2.9 miles
x 37 minutes = 37/12 miles = 3 + 1/12 miles = 3.08 miles
x 40 minutes = 40/12 miles = 3 + 4/12 miles = 3.29 miles
x 42 minutes = 42/12 miles = 3 + 6/12 miles = 3.5 miles
x 43 minutes = 43/12 miles = 3 + 7/12 miles = 3.56 miles
x 45 minutes = 45/12 miles = 3 + 9/12 miles = 3.75 miles
x 58 minutes = 58/12 miles = 4 +10/12 miles = 4.8 miles

10 minutes/mile running speed
x 1 minutes = 1/10 miles = 10% mile = .1 mile
x 2 minutes = 2/10 miles = 20% mile = .2 mile
x 3 minutes = 3/10 miles = 30% mile or .3 mile
x 4 minutes = 4/10 miles= 40% mile or .4 mile
x 5 minutes = 5/10 miles = 50% mile or .5 mile
x 6 minutes = 6/10 miles = 60% mile or .6 mile
x 7 minutes = 7/10 miles = 70% mile or .7 mile
x 8 minutes = 8/10 miles = 80% mile or .8 mile
x 9 minutes = 9/10 miles = 90% or .9 mile
x 10 minutes = 10/10 miles = 100% or 1 mile
x 12 minutes = 12/10 miles = 120% or 1.2 miles
x 15 minutes = 15/10 miles = 150%= 1.5 miles
x 20 minutes = 20/10 miles = 200% = 2 miles
x 24 minutes = 24/10 miles = 2 +4/10 miles = 2.4 miles
x 25 minutes = 25/10 miles = 2 + 5/10 miles = 2.5 miles
x 28 minutes = 28/10 miles = 2 + 8/10 miles = 2.8 miles
x 30 minutes = 30/10 miles = 3 miles
x 32 minutes = 32/10 miles = 3 + 2/10 miles = 3.2 miles
x 35 minutes = 35/10 miles = 3+ 5/10 miles = 3.5 miles
x 37 minutes = 37/10 miles = 3 + 7/10 miles = 3.7 miles
x 40 minutes = 40/10 miles = 4 miles
x 42 minutes = 42/10 miles = 4 + 2/10 miles = 4.2 miles
x 43 minutes = 43/10 miles = 4 + 3/10 miles = 4.3 miles
x 45 minutes = 45/10 miles = 4 + 5/10 miles = 4.5 miles
x 48 minutes = 48/10 miles = 5 +10/12 miles = 5.8 miles