

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1</b>	Rest/XT	3–5 miles Easy	Rest/XT or 3 miles Easy	1–2 miles Tempo	3–5 miles Easy	Rest/XT	5–8 miles LR
<b>2</b>	Rest/XT	1–3 miles RP	Rest/XT or 3 miles Easy	3–5 miles F, with 6–8 x 30sec + 1–2min recovery	3–5 miles Easy	Rest/XT	7–10 miles LR
<b>3</b>	Rest/XT	4–6 miles F, with 4–6 x 1min + 2min recovery	Rest/XT or 3–4 miles Easy	2–3 miles RP	Rest or up to 5 miles Easy	Rest/XT	8–11 miles LR, with 5min SF
<b>4</b>	Rest/XT	3–5 miles Easy	Rest/XT or 3 miles Easy	1–3 miles Tempo	Rest or up to 5 miles Easy	Rest/XT	5–8 miles LR
<b>5</b>	Rest/XT	2–4 miles RP	Rest/XT or 3–5 miles Easy	3–5 miles F, with 6–7 x 1min + 1–2min recovery	Rest or up to 6 miles Easy	Rest/XT or 3–4 miles Easy	10–12 miles LR, with 5–8min SF
<b>6</b>	Rest/XT	3–5 miles Easy	Rest/XT or 3–5 miles Easy	3–4 miles RP	3–5 miles Easy	Rest/XT	6–8 miles LR
<b>7</b>	Rest/XT	4–5 miles F, with 8–10 x 30sec + 1min recovery	Rest/XT or 3–6 miles Easy	2–4 miles Tempo	3–6 miles Easy	Rest/XT	12–14 miles LR, with last 1–3 miles RP
<b>8</b>	Rest/XT	3–5 miles RP	Rest/XT or 3–6 miles Easy	4–6 miles F, with 8–10 x 1min + 1–2min recovery	Rest or up to 5 miles Easy	Rest/XT	6–8 miles LR
<b>9</b>	Rest/XT	3–5 miles Easy	Rest/XT or 3–6 miles Easy	2–4 miles RP	3–5 miles Easy	Rest/XT or 3–5 miles Easy	13–15 miles LR
<b>10</b>	Rest/XT	4–6 miles Easy	Rest/XT or 3–5 miles Easy	3–5 miles Tempo	3–5 miles Easy	Rest/XT	10–12 miles LR, with last 2–4 miles RP
<b>11</b>	Rest/XT	3–5 miles Easy	Rest/XT or 3–4 miles Easy	4–5 miles F, with 6–8 x 1min + 1–2min recovery	Rest or up to 3 miles Easy	Rest/XT	5–8 miles LR, with 5min SF
<b>12</b>	Rest	1–2 miles RP	Rest or 3 miles Easy	3–5 miles F, with 3–5 x 1min + 2min recovery	Rest or up to 4 miles Easy	Rest or 20min very easy run	<b>RACE DAY!</b>

WOMEN'S RUNNING