

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	Rest	3-4 miles Easy	1 mile WU 2 x 1 mile Tempo + ½ mile recovery 1 mile CD	Rest or XT	4 miles Easy	3-4 miles Easy	10 miles LR with 5 min SF
<b>2</b>	Rest	3-5 miles Easy	1 mile WU 3 miles MRP 1 mile CD	Rest or XT	4-5 miles Easy	3 miles Easy	12 miles LR with mid 4 miles MRP
<b>3</b>	Rest	3-5 miles Easy + 4 min I	1-2 miles WU 2 miles Tempo 2 miles CD	Rest or XT	5 miles Easy	3-6 miles Easy	14 miles LR
<b>4</b>	Rest	3-4 miles Easy	6 miles HR with 6-8 x 60 sec	Rest or XT	1 mile WU 4 miles MRP 1 mile CD	4 miles Easy	8 miles LR with mid 5 miles MRP
<b>5</b>	Rest	3-5 miles Easy + 4 min I	1 miles WU 3 miles Tempo 1 mile CD	Rest or XT	6 miles Easy	3-6 miles Easy	16 miles LR
<b>6</b>	Rest	3-5 miles Easy	1 miles WU 6 miles MRP 1 miles CD	Rest or XT	5-6 miles Easy	10K Easy	12 miles LR with 10 min SF
<b>7</b>	Rest	3-5 miles Easy + 4 min I	1 mile WU 4x1 mile Tempo + ¼ mile recovery 1 mile CD	Rest or XT	6 miles Easy	3 miles Easy	17 miles LR
<b>8</b>	Rest	3-6 miles Easy	6 miles HR with 6-8 x 90 sec	Rest or XT	1 mile WU 5 miles MRP 1 mile CD	Rest or XT	18 miles LR with 10 min SF
<b>9</b>	Rest	3 miles Easy + 4 min I	1 mile WU 2x2 miles Tempo + ½ mile recovery 1 mile CD	Rest or XT	6 miles Easy	3-6 miles Easy	12 miles LR with last 7 miles MRP
<b>10</b>	Rest	3-5 miles Easy	6 miles HR with 6-8 x 2 min	Rest or XT	1 mile WU 5 miles MRP 1 mile CD	Rest or XT	19-20 miles LR
<b>11</b>	Rest	3 miles Easy + 4 min I	1 mile WU 10K Tempo 1 mile CD	Rest or XT	6 miles Easy	4-5 miles Easy	12 miles LR
<b>12</b>	Rest	3-5 miles Easy	1 mile WU 3 miles MRP 1 mile CD	Rest or XT	4-5 miles Easy	Rest or XT	20-21 miles LR with 5-10 min SF
<b>13</b>	Rest	3-5 miles Easy	1 mile WU 5 miles Tempo 1 mile CD	Rest or XT	4-5 miles Easy	3-5 miles Easy	14-16 miles LR with mid 8 miles MRP
<b>14</b>	Rest	3-5 miles Easy + 4 min I	6 miles HR with 6-8 x 30 sec	Rest or XT	1 mile WU 3 miles MRP 1 mile CD	3-6 miles Easy	10-12 miles LR with 10 min SF
<b>15</b>	Rest	3 miles Easy	1 mile WU 1-2 miles Tempo 1 mile CD	Rest or XT	4 miles Easy	3-6 miles Easy	8-10 miles LR
<b>16</b>	Rest	3 miles Easy + 4 min I	1 mile WU 2 miles MRP 1 mile CD	Rest or XT	2 miles Easy or Rest	2 miles Easy or Rest	MARATHON

**KEY**

CD: Cool-down HR: Hill Repeats I: Interval LR: Long Run MRP: Marathon Race Pace SF: Strong Finish WU: Warm-up XT: Cross-training