

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST DAY	Fartlek run 10:00 easy 10 x (1:00 moderate/1:00 easy) 10:00 easy	Easy run 30:00 easy	Easy run 30:00 easy	Interval run 10:00 easy 8 x (0:30 hard/1:30 easy) 10:00 easy	Easy run 30:00 easy	Long run 7 miles easy
2		Fast finish run 40:00 easy + 10:00 moderate	Easy run 30:00 easy	Easy run 35:00 easy	Interval run 10:00 easy 8 x (1:00 hard/2:00 easy) 10:00 easy	Easy run 30:00 easy	Long run 8.5 miles easy
3		Fartlek run 10:00 easy 10 x (2:00 moderate/1:00 easy) 10:00 easy	Easy run 35:00 easy	Easy run 35:00 easy	Interval run 10:00 easy 8 x (1:30 hard/2:30 easy) 10:00 easy	Easy run 30:00 easy	Long run 10 miles easy
4		Fast finish run 30:00 easy + 10:00 moderate	Easy run 30:00 easy	Easy run 30:00 easy	Interval run 10:00 easy 8 x (0:30 hard/1:30 easy) 10:00 easy	Easy run 30:00 easy	Long run 7 miles easy
5		Tempo run 15:00 easy 25:00 moderate 15:00 easy	Easy run 35:00 easy	Easy run 35:00 easy	Interval run 10:00 easy 6 x (2:00 hard/2:00 easy) 10:00 easy	Easy run 35:00 easy	Long run with fast finish 7 miles easy + 1 mile moderate
6		Tempo run 15:00 easy 30:00 moderate 15:00 easy	Easy run 35:00 easy	Easy run 40:00 easy	Interval run 10:00 easy 6 x (3:00 hard/2:00 easy) 10:00 easy	Easy run 35:00 easy	Long run with surges 1 mile easy 6 x (0.25 mile moderate/0.75 mile easy) 1 mile easy
7		Tempo run 15:00 easy 35:00 moderate 15:00 easy	Easy run 40:00 easy	Easy run 40:00 easy	Interval run 10:00 easy 6 x (4:00 hard/2:00 easy) 10:00 easy	Easy run 35:00 easy	Long run with fast finish 8 miles easy + 1 mile moderate
8		Tempo run 15:00 easy 20:00 moderate 15:00 easy	Easy run 35:00 easy	Easy run 30:00 easy	Interval run 10:00 easy 2 x (4:00 hard/2:00 easy) 10:00 easy	Easy run 20:00 easy	