

PACE GOALS: RACE PACE = 8:02/mile | EASY RUN = 9:50/mile | LONG RUN = 9:50-11:05/mile | STRONG FINISH = 9:05-9:20/mile | TEMPO RUN = 8:12/mile | HILL REPEATS = 7:43/mile

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	CROSS-TRAINING or REST	2 miles TEMPO RUN	4-5 miles EASY RUN	3 x (800 meters RACE PACE + 400 meters rest)	REST	5 miles LONG RUN	4-5 miles EASY RUN
<b>2</b>	CROSS-TRAINING or REST	3 miles TEMPO RUN	4-5 miles EASY RUN	4 x (800 meters RACE PACE + 400 meters rest)	REST	6 miles LONG RUN w/ 10 min STRONG FINISH	4-5 miles EASY RUN
<b>3</b>	CROSS-TRAINING or REST	3 miles TEMPO RUN	5-6 miles EASY RUN	5 x (800 meters RACE PACE + 400 meters rest)	REST	7 miles LONG RUN	4-5 miles EASY RUN
<b>4</b>	CROSS-TRAINING or REST	3 miles TEMPO RUN	5-6 miles EASY RUN	3 x (1200 meters RACE PACE + 400 meters rest)	REST	6 miles LONG RUN	4-5 miles EASY RUN
<b>5</b>	CROSS-TRAINING or REST	3.5 miles TEMPO RUN	5-6 miles EASY RUN	3 x (1200 meters RACE PACE + 400 meters rest)	REST	8 miles LONG RUN w/ 10 min STRONG FINISH	4-5 miles EASY RUN
<b>6</b>	CROSS-TRAINING or REST	2 miles EASY RUN + 5 x 1:30 min HILL REPEATS + 1 mile EASY RUN	5-6 miles EASY RUN	3 x (1600 meters RACE PACE + 400 meters rest)	REST	6 miles LONG RUN	4-5 miles EASY RUN
<b>7</b>	CROSS-TRAINING or REST	2 miles EASY RUN + 6 x 1:30 min HILL REPEATS + 2 miles EASY RUN	5-6 miles EASY RUN	3 x (1600 meters RACE PACE + 400 meters rest)	REST	9 miles LONG RUN w/ 10 min STRONG FINISH	4-5 miles EASY RUN
<b>8</b>	CROSS-TRAINING or REST	2 miles EASY RUN + 5 x 2 min HILL REPEATS + 2 miles EASY RUN	5-7 miles EASY RUN	3 miles RACE PACE	REST	5 miles LONG RUN	4-5 miles EASY RUN
<b>9</b>	CROSS-TRAINING or REST	2 miles EASY RUN + 6 x 2 min HILL REPEATS + 2 miles EASY RUN	5-7 miles EASY RUN	3 miles RACE PACE	REST	10 miles LONG RUN	4-5 miles EASY RUN
<b>10</b>	CROSS-TRAINING or REST	3.5 miles TEMPO RUN	5-7 miles EASY RUN	3 x (1600 meters RACE PACE + 400 meters rest)	REST	7 miles LONG RUN w/ 15 min STRONG FINISH	4-5 miles EASY RUN
<b>11</b>	CROSS-TRAINING or REST	3 miles TEMPO RUN	4-6 miles EASY RUN	3 miles RACE PACE	REST	4 miles LONG RUN	3-5 miles EASY RUN
<b>12</b>	CROSS-TRAINING or REST	2 miles TEMPO RUN	4-6 miles EASY RUN	2 miles RACE PACE	REST or 2-3 miles EASY RUN	RACE!	REST