

PACE GOALS: RACE PACE = 9:39/mile | EASY RUN = 11:30/mile | LONG RUN = 11:30-13:00/mile | STRONG FINISH = 10:45-11:00/mile | TEMPO RUN = 9:49/mile | HILL REPEATS = 9:16/mile

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