

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	DAY OFF	Track: 1 mi easy, 8x400 at 10K goal pace (10KGP) w 200 jog recovery, 1 mi easy	30 min easy recovery run	Long Run Easy 50 min	DAY OFF	1 mi easy, 20-min tempo, 1 mi easy	Long Run Easy 70 min
2	DAY OFF	Track: 1 mi easy, 6x600 at 10KGP w 200 jog recovery, 1 mi easy	30 min easy recovery run	Long Run Easy 50 min	DAY OFF	1 mi easy, 4x1 mi w 200 jog recovery, 1 mi easy	Long Run Easy 70 min
3	DAY OFF	Track: 1 mi easy, 8x400 at 10KGP w 200 jog recovery, 1 mi easy	30 min easy recovery run	Long Run Easy 55 min	DAY OFF	1 mi easy, 2x2 mi w 400 jog recover, 1 mi easy	Long Run Easy 75 min
4	DAY OFF	Track: 1 mi easy, 5x400 at 30" faster than 10KGP w 200 jog recovery, 3x150 strides, 1 mi easy	30 min easy recovery run	Long Run Easy 60 min	DAY OFF	1 mi ez, 10' tempo w 1 min jog, 5' tempo w 1 min jog, 10 min tempo, 1 mi ez	Long Run Easy 80 min
5	DAY OFF	Hill Repeats: 1 mi easy, 6 x 1 min hill, jog down, 1 mi easy	40 min easy recovery run	Long Run Easy 65 min	DAY OFF	1 mi ez, 4 mile time trial, 1 mi ez	Long Run Easy 85 min
6	DAY OFF	Track: 1 mi easy, 4x600 at 10KGP-30" w 200 jog recovery, 1 mi easy	40 min easy recovery run	Long Run Easy 70 min	DAY OFF	1 mi ez, 12x400 at 5K pace w 100 jog recovery, 1 mi ez	Long Run Easy 90 min
7	DAY OFF	Hill Repeats: 1 mi easy, 8 x 1 min hill, jog down, 1 mi easy	40 min easy recovery run	Long Run Easy 70 min	DAY OFF	1 mi ez, 2x1200 w 400 jog recovery, 3x400 w 200 jog recovery, 1 mi ez	Long Run Easy 90 min
8	DAY OFF	Track: 1 mi easy, 200x6 at 10KGP- 1 min/mi w 200 jog recovery, 1 mi easy	45 min easy recovery run	Long Run Easy 70 min	DAY OFF	5K RACE OR TIME TRIAL	Long Run Easy 90 min
9	DAY OFF	Hill Repeats: 1 mi easy, 10 x 1 min hill, jog down, 1 mi easy	45 min easy recovery run	Long Run Easy 70 min	DAY OFF	1 mi easy, 10' tempo w 1 min jog, 5' tempo w 1 min jog, 10 min tempo, 1 mi easy	Long Run Easy 90 min
10	DAY OFF	Track: 1 mi easy, 2x2400 at 5KGP w 1200 jog recovery, 1 mi easy	45 min easy recovery run	Long Run Easy 50 min	DAY OFF	1 mi easy, 4 mile time trial, 1 mi easy	Long Run Easy 60 min
11	DAY OFF	Track: 1 mi easy, 8x300 at mile race pace w 300 jog recovery, 1 mi easy	45 min easy recovery run	Long Run Easy 70 min	DAY OFF	1 mi easy, 2x1200 w 400 jog recovery, 3x400 w 200 jog recovery, 1 mi easy	Long Run Easy 80 min
12	DAY OFF	Track: 1 mi easy, 6x200 strideouts w 200 jog recovery, 1 mi easy	30 min easy recovery run	Long Run Easy 50 min	DAY OFF	10K GOAL RACE	