

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
1	Rest	8 miles w/ 10x100m strides	Rest	9 Mi	Rest	Recovery 5 miles	13 miles w/ 8 miles @ marathon race pace	35 Mi
2	Rest	Medium-long run 11 miles	Rest	8 miles w/ 4 miles @ 15K to half marathon race pace	Rest	Recovery 5 miles	Long Run 15 Mi	39 Mi
3	Rest	8 Mi w/ 10x100m	Recovery 4 miles	Medium-long run 11 Mi	Rest	Recovery 4 miles	16 miles w/ 10 miles @ marathon race pace	43 Mi
4	Rest	Recovery 5 miles	10 miles w/ 5 miles @ 15K to half marathon race pace	Medium-long run 11 miles	Rest	Recovery 5 miles	Long Run 17 Mi	48 Mi
5	Rest	Rest	Medium-long run 12 miles	Rest	9 miles w/ 4 miles @ 15K to half marathon race pace	Recovery 5 miles	Long Run 16 Mi	42 Mi
6	Rest	Recovery 5 miles	10 miles w/ 5x1, 000m @ 5K race pace	Medium-long run 12 miles	Rest	6 miles w/ 6x100m strides	15 miles w/ 12 miles @ marathon race pace	48 Mi
7	Rest	6 miles w/ 6x100m strides	Medium-long run 12 miles	Rest	12 miles w/ 7 miles @ 15K to half marathon race pace	Recovery 5 miles	Long Run 20 Mi	55 Mi
8	Rest	8 miles w/ 5x600 m @ 5K race pace	Medium-long run 11 miles	Rest	4 miles w/ 6x100m strides	8K-15K tune-up race (total 9 miles to 13 miles)	Long Run 17 Mi	49 Mi
9	Rest	7 miles w/ 6x100m strides	10 miles w/ 4x1, 200m @ 5K race pace	Rest	Medium-long run 11 miles	Recovery 4 miles	Long Run 20 Mi	55 Mi
10	Rest	8 miles w/ 5x600 m @ 5K race pace	Recovery 6 miles	Rest	4 miles w/ 6x100m strides	8K-10K tune-up race (total 9 miles to 11 miles)	Long Run 16 Mi	43 Mi
11	Rest	7 miles w/ 8x100m strides	8 miles w/ 3x1, 600m @ 5K race pace	Rest	5 miles w/ 6x100m strides	Rest	Medium-long run 12 miles	32 Mi
12	Rest	Recovery 6 miles	7 miles w/ 2 miles @ marathon race pace	Rest	5 miles w/ 6x100m strides	Recovery 4 miles	Goal marathon 26.2mi	48 Mi

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