

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
1	Rest	7 Mi w/ 10x100m strides	Rest	9 Mi	Rest	4 Mi	12 Mi	32 Mi
2	Rest	8 Mi w/ 10x100m strides	Rest	10 Mi	Rest	5 Mi	13 Mi	36 Mi
3	Rest	8 Mi w/ 4 Mi @ 15K to half marathon pace	4 Mi	10 Mi	Rest	4 Mi	14 Mi	40 Mi
4	Rest	8 Mi w/ 10x100m strides	5 Mi	10 Mi	Rest	4 Mi	15 Mi	42 Mi
5	Rest	9 Mi w/ 4 Mi @ 15K to half marathon race pace	5 Mi	10 Mi	Rest	5 Mi	17 Mi	46 Mi
6	Rest	8 Mi w/ 8x100m strides	5 Mi	8 Mi	Rest	4 Mi	12 Mi	37 Mi
7	Rest	10 Mi w/ 5 Mi @ 15K to half marathon race pace	4 Mi	11 Mi	Rest	7 Mi w/ 8x100m strides	18 Mi	50 Mi
8	Rest	6 Mi w/ 6x100m strides	12 Mi	Rest	11 Mi w/ 6Mi @ 15K to half marathon race pace	5 Mi	20 Mi	54 Mi
9	Rest	6 Mi	14 Mi	6 Mi	Rest	6 Mi w/ 6x100m strides	15 Mi w/ 12 Mi @ 15K to marathon race pace	47 Mi
10	Rest	8 Mi	8 Mi w/ 5x600m	5 Mi	Rest	8 w/ 8x100m strides	14 Mi	43 Mi
11	Rest	6 Mi w/ 6x100m strides	12 Mi w/ 7 Mi pace	Rest	12 Mi	5 Mi	20 Mi	55 Mi
12	Rest	8 Mi w/ 5x600m strides	11 Mi	Rest	4 Mi w/ 6x100m strides	8-15K @ race pace	17 Mi	50 Mi
13	Rest	8 Mi	9 Mi w/ 5x1000m @ 5K race pace;	Rest	12 Mi	5 Mi	17 Mi w/14 Mi @ 15K to marathon race pace	51 Mi
14	Rest	8 Mi w/ 5x600m strides	11 Mi	Rest	4 Mi w/ 6x100m strides	8-15K @ race pace	17 Mi	50 Mi
15	Rest	5 Mi w/ 6x100m strides	10 Mi w/4x1200m @ 5K race pace	Rest	10 Mi	4 Mi	20 Mi	49 Mi
16	Rest	8 Mi w/ 5x600m strides	5 Mi	Rest	4 Mi w/ 6x100m strides	8-10K @ race pace	16 Mi	43 Mi
17	Rest	7 Mi w/ 8x100m strides	8 Mi w/ 3x1600m @ 5K race pace;	Rest	5 Mi w/ 6x100m strides	Rest	12 Mi	32 Mi
18	Rest	6 Mi	7 Mi w/ 2 Mi @ marathon race pace	Rest	5 Mi w/ 6x100m strides	Recovery 4 miles	Goal marathon 26.2mi	48.2 Mi