

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
1	Rest	8 Mi w/ 10x100m strides	11 Mi	Mi	9 Mi	5 Mi	15 Mi	53 Mi
2	Rest	8 Mi w/ 10x100m strides	12 Mi	5 Mi	9 Mi	5 Mi	17 Mi	56 Mi
3	Rest	9 Mi w/ 4 Mi @ 15K to half marathon pace	13 Mi	5 Mi	11 Mi	5 Mi	15 Mi	58 Mi
4	Rest	9 Mi w/ 10x100m strides	14 Mi	5 Mi	11 Mi	5 Mi	18 Mi	62 Mi
5	Rest	9 Mi w/ 4 Mi @ 15K to half marathon pace	14 Mi	5 Mi	12 Mi	5 Mi	20 Mi	65 Mi
6	Rest	8 Mi w 10x100m strides	12 Mi	5 Mi	11 Mi	5 Mi	14 Mi	55 Mi
7	Rest	10 Mi w/ 5 Mi @ 15K to half marathon pace	14 Mi	5 Mi	11 Mi	8 Mi w/ 10x100m strides	21 Mi	69 Mi
8	Rest	4 Mi 6 Mi @ 15K to half marathon pace	14 Mi	5 Mi	11 Mi w/ 6 Mi @ 15K to half marathon pace	6 Mi	20 Mi	66 Mi
9	Rest	6 Mi w 4 Mi @ 15K to half marathon pace	15 Mi	6 Mi	13 Mi	7 Mi w/ 6x100m strides	15 Mi w/ 12 Mi @ marathon pace	66 Mi
10	Rest	10 Mi	9 Mi w/ 6x600m strides	6 Mi	11 Mi	8 Mi w/ 10x100m strides	15 Mi	59 Mi
11	Rest	4 Mi w 6 Mi @ 15K to half marathon pace	15 Mi	6 Mi	12 Mi w/ 7 Mi @ 15K to half marathon pace	5 Mi	22 Mi	70 Mi
12	Rest	9 Mi w 5x600m strides	14 Mi	6 Mi w/ 6x100m strides	5 Mi	8-15K Race	18 Mi	68 Mi
13	Rest	11 Mi w/ 6x1000m	15 Mi	4 Mi 6 Mi	12 Mi	5 Mi	17 Mi w/ 14 Mi @ marathon pace	70 Mi
14	Rest	9 Mi w 5x600m strides	13 Mi	6 Mi w/ 6x100m strides	5 Mi	8-15K Race	18 Mi	63 Mi
15	Rest	4 Mi 6 Mi @ 15K to half marathon pace	11 Mi 6x1200m @ 5K race pace	14 Mi	8 Mi w/ 8x100m strides	Mi	20 Mi	68 Mi
16	Rest	7 Mi w 8x100m strides	12 Mi	6 Mi w/ 6x100m strides	5 Mi	8-10K Race	17 Mi	56 Mi
17	Rest	8 Mi w/ 8x100m strides	5 Mi	8 Mi w/ 3x1600m @ 5K race pace	5 Mi	7 M w/ x100m strides	13 Mi	46 Mi
18	Rest	5 Mi 4 Mi @ 15K to half marathon pace	7 Mi w/ 2 Mi @ marathon race pace	5 Mi	5 Mi w/ 6x100m strides	Recovery 4 miles	Goal marathon 26.2mi	56.2 Mi