| 1 Recommendation 2 Recommendation 3 Recommendation 4 Recommendation 3 Reco | est or cross-training | Tuesday 5-7 miles easy run 5-7 miles easy run 5-7 miles easy run 5-7 miles easy run | Strength training Strength training Strength training Strength training | 5-7 miles hill training 5-7 miles hill training 5-7 miles hill training 5-7 miles hill training | Rest Rest Rest | Saturday Long run (start with 10, increase gradually) Long run (increase gradually) Long run (increase gradually) | 3-5 miles recovery run 3-5 miles recovery run 3-5 miles recovery run |
|--|---|---|--|--|----------------|--|--|
| 2 Re 3 Re | est or cross- training est or cross- training est or cross- training est or cross- | 5-7 miles easy run 5-7 miles easy run 5-7 miles easy run | Strength training Strength training Strength training | training 5-7 miles hill training 5-7 miles hill training | Rest | with 10, increase gradually) Long run (increase gradually) Long run (increase | 3-5 miles recovery run 3-5 miles |
| 3 Re | est or cross- training est or cross- training est or cross- | run 5-7 miles easy run 5-7 miles easy | Strength training Strength | training 5-7 miles hill training | | (increase gradually) Long run (increase | recovery run 3-5 miles |
| 4 Re | est or cross- training | run 5-7 miles easy | training Strength | training | Rest | (increase | |
| 4 Pe | training est or cross- | , , | | 5-7 miles hill | | | |
| 5 Re | | | | training | Rest | Long run (increase gradually) | 3-5 miles recovery run |
| | training | 7-10 miles interval run | Strength training + 3-4 miles easy run | 7-10 miles hill repeats | Rest | Long run (increase to 20 miles) | 5-7 miles recovery run |
| 6 Re | est or cross- training | 7-10 miles interval run | Strength training + 3-4 miles easy run | 7-10 miles hill repeats | Rest | Long run (increase to 20 miles) | 5-7 miles recovery run |
| 7 Re | est or cross- training | 7-10 miles interval run | Strength training + 3-4 miles easy run | 7-10 miles hill repeats | Rest | Long run (increase to 20 miles) | 5-7 miles recovery run |
| 8 Re | est or cross- training | 7-10 miles interval run | Strength training + 3-4 miles easy run | 7-10 miles hill repeats | Rest | Long run (increase to 20 miles) | 5-7 miles recovery run |
| 9 Re | est or cross- training | 10-12 miles tempo run | Strength training + 4-6 miles easy run | 10-12 miles hill work | Rest | Long run (increase to 25- 30 miles) | Second long run (15-20 miles) |
| 10 Re | est or cross- training | 10-12 miles tempo run | Strength training + 4-6 miles easy run | 10-12 miles hill work | Rest | Long run (increase to 25- 30 miles) | Second long run (15-20 miles) |
| 11 Re | est or cross- training | 10-12 miles tempo run | Strength training + 4-6 miles easy run | 10-12 miles hill work | Rest | Long run (increase to 25- 30 miles) | Second long run (15-20 miles) |
| 12 Re | est or cross- training | 10-12 miles tempo run | Strength training + 4-6 miles easy run | 10-12 miles hill work | Rest | Long run (increase to 25- 30 miles) | Second long run (15-20 miles) |
| 13 Re | est or cross- training | 10-12 miles tempo run | Strength training + 4-6 miles easy run | 10-12 miles hill work | Rest | Long run (increase to 30+ miles) | Second long run (15-20 miles) |
| 14 | Rest | Reduced mileage run | Light strength training or rest | Short hill workout or tempo | Rest | Long run (decreasing) | Short, easy run or rest |
| 15 | Rest | Reduced mileage run | Light strength training or rest | Short hill workout or tempo | Rest | Long run (decreasing) | Short, easy run or rest |
| 16 | Rest | 3-6 Mile Recovery run | Rest | 1-3 Mile walking recovery | Rest | 1-3 Mile shake out run | Race Day! |