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| --- | --- | --- | --- | --- | --- | --- | --- |
| Week # | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 1 | -- | -- | 4 miles Easy | Rest | 4 miles Easy | 5 miles Long | Rest |
| 2 | 3 miles  Easy OR Cross Train | 3 miles Easy | 1 Mile Time Trial | Rest | 4 miles Easy | 6 miles Long | Rest |
| 3 | 3.5 miles  Easy OR Cross Train | 3.5  miles Easy | Track workout: 6 x 400m (2 min recovery) | Rest | 4 miles Race Pace | 7 miles Long | Rest |
| 4 | 4 miles  Easy OR Cross Train | 4 miles Easy | Hill  Repeats | Rest | 5 miles  Easy | 8 miles Long | Rest |
| 5 | 4 miles  Easy OR Cross Train | 4 miles Easy | Track:  easy | Rest | 5 miles  Easy | 9 miles Long | Rest |
| 6 | 4.5 miles  Easy | 4 miles Easy | Intervals 4 x 800 w half rest | Rest | 5 miles  Race Pace | 10 miles Long | Rest |
| 7 | 5 miles  Easy OR Cross Train | 4 miles Easy | Track workout: 1 x 400m, 600m, 800m, 800m, 600m, 400m (2 min recovery) | Rest | 5 miles  Easy | 12 miles Long | Rest |
| 8 | 5 miles  Easy OR Cross Train | 5 miles  Easy | Ladder | Rest | 5 miles  Easy | 10 miles Long | Rest |
| 9 | 5 miles  Easy OR Cross Train | 5 miles  Easy | 1000 x 2 | Rest | 4 miles easy | 9 miles  Long | Rest |
| 10 | 4 miles  Easy OR Cross Train | 3 miles  Easy | Easy run. No speed workout. | Rest | Rest | **Run and waffles!** | **13.1 Miles**  **Race!!** |