

Good luck on 2023-12-10.

Week 1:

Day 1, 2023-07-30: tennis for 1 hour

Day 2: 4 miles easy run

Day 3: 3 miles easy run

Day 4: 5 miles easy run

Day 5: bike for 45 minutes

Day 6: 6 miles easy run

Day 7: 4 miles easy run

Week 2:

Day 8: swim for 30 minutes

Day 9: 4 miles easy run

Day 10: 3 miles easy run

Day 11: 6 miles easy run

Day 12: tennis for 1.5 hours

Day 13: 7 miles easy run

Day 14: 4 miles easy run

Week 3:

Day 15: tennis for an hour

Day 16: 5 miles easy run

Day 17: 4 miles easy run

Day 18: 7 miles easy run

Day 19: swim for 30 minutes

Day 20: Long run - 8 miles at an easy pace

Day 21: 4 miles easy run

Week 4:

Day 22: bike 8 miles

Day 23: 5 miles easy run

Day 24: 4 miles easy run

Day 25: 8 miles easy run

Day 26: bike 10 miles

Day 27: Long run - 9 miles at an easy pace

Day 28: 4 miles easy run

Week 5:

Day 29: tennis for an hour and a half

Day 30: 9 miles easy run

Day 31: 4 miles easy run

Day 32: 6 miles easy run

Day 33: tennis match

Day 34: Long run - 10 miles at an easy pace

Day 35: 4 miles easy run

Week 6:

Day 36: bike ride to and from Golden Gate Park (8 miles)

Day 37: Long run - 10 miles at an easy pace

Day 38: 4 miles easy run

Day 39: 6 miles easy run

Day 40: tennis for an hour

Day 41: 4 miles easy run

Day 42: Long run - 11 miles easy run

Week 7:

Day 43: tennis for an hour and a half

Day 44: Long run - 11 miles at an easy pace

Day 45: 4 miles easy run

Day 46: 7 miles easy run

Day 47: tennis for an hour

Day 48: 4 miles easy run

Day 49: Long run - 12 miles at an easy pace

Week 8:

Day 50: swim for 30 minutes

Day 51: Long run - 12 miles at an easy pace
Day 52: 4 miles easy run
Day 53: 7 miles easy run
Day 54: tennis for 1.5 hours
Day 55: 4 miles easy run
Day 56: Long run - 13 miles at an easy pace
Week 9:
Day 57: swim for 30 minutes
Day 58: Long run - 10 miles easy run
Day 59: 4 miles easy run
Day 60: 8 miles easy run
Day 61: bike for 1 hour
Day 62: Long run - 14 miles at an easy pace
Day 63: 4 miles easy run
Week 10:
Day 64: swim for 30 minutes
Day 65: Long run - 11 miles easy run
Day 66: 4 miles easy run
Day 67: 7 miles easy run
Day 68: tennis for 1 hour
Day 69: Long run - 15 miles easy run
Day 70: 4 miles easy run
Week 11:
Day 71: tennis for 1 hour
Day 72: Long run - 10 miles at an easy pace
Day 73: 4 miles easy run
Day 74: 8 miles easy run
Day 75: tennis for 1 hour
Day 76: Long run - 16 miles easy run
Day 77: 4 miles easy run
Week 12:
Day 78: swim for 30 minutes
Day 79: Long run - 10 miles at an easy pace
Day 80: 4 miles medium run
Day 81: 9 miles easy run
Day 82: swim for 30 minutes
Day 83: Long run - 17 miles at an easy pace
Day 84: 4 miles easy run
Week 13:
Day 85: tennis for 1 hour
Day 86: Long run - 10 miles easy run
Day 87: 4 miles easy run
Day 88: 8 miles easy run
Day 89: bike ride for 45 minutes
Day 90: Long run - 18 miles at an easy pace
Day 91: 4 miles easy run
Week 14:
Day 92: tennis for 1 hour
Day 93: 12 miles easy run
Day 94: 4 miles medium run
Day 95: 10 miles easy run
Day 96: swim for 30 minutes
Day 97: Long run - 19 miles at an easy pace
Day 98: 3 miles sprint intervals
Week 15:
Day 99: tennis for 1 hour
Day 100: Long run - 11 miles easy run
Day 101: 4 miles easy run

Day 102: 10 miles easy run
Day 103: tennis for 1 hour
Day 104: Long run - 20 miles at an easy pace
Day 105: 4 miles easy run

Week 16:

Day 106: swim for 30 minutes
Day 107: 9 miles easy run
Day 108: 9 miles easy run
Day 109: 9 miles easy run
Day 110: tennis for 1 hour
Day 111: Long run - 17 miles easy run
Day 112: 4 miles easy run

Week 17:

Day 113: tennis for 1.5 hours
Day 114: 10 miles easy run
Day 115: 4 miles easy run
Day 116: 10 miles easy run
Day 117: bike ride for 45 minutes
Day 118: Long run - 18 miles at an easy pace
Day 119: 4 miles easy run

Week 18:

Day 120: tennis for 1 hour
Day 121: 10 miles easy run
Day 122: 10 miles easy run
Day 123: 9 miles easy run
Day 124: tennis for 1 hour
Day 125: Long run - 16 miles at an easy pace
Day 126: 4 miles easy run

Week 19:

Day 127: tennis for 1 hour
Day 128: 11 miles easy run
Day 129: 8 miles easy run
Day 130: 10 miles easy run
Day 131: tennis for 1 hour
Day 132: Rest

2023-12-10: Marathon Day!