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: Long run - 17 miles at an easy pace
Day 133: 4 miles easy run
Week 20:
Day 134: Swim for 20 minutes
Day 135: 10 miles easy run
Day 136: 9 miles easy run
Day 137: 11 miles easy run
Day 138: Bike for 30 minutes
Day 139: Long run - 18 miles at an easy pace
Day 140: 4 miles easy run
Week 21:
Day 141: Tennis for 1 hour
Day 142: 7 miles easy run
Day 143: 9 miles easy run
Day 144: 10 miles easy run
Day 145: Swim for 20 minutes
Day 146: Rest
Day 147: Rest
2023-12-10: Marathon Day!