

Week 1 (July 29 - August 4): - Monday: Rest day - Tuesday: Easy run - 3 miles at a pace of 11:30 minutes per mile - Wednesday: Cross-training (biking) - 45 minutes - Thursday: Speed workout - 4x400m repeats at a medium pace (10:30 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 3 miles at a pace of 11:30 minutes per mile - Saturday: Cross-training (tennis) - 45 minutes - Sunday: Long run - 6 miles at an easy pace of 11:30 minutes per mile Total weekly mileage: 12 miles Week 2 (August 5 - August 11): - Monday: Rest day - Tuesday: Easy run - 3 miles at a pace of 11:15 minutes per mile - Wednesday: Cross-training (swimming) - 45 minutes - Thursday: Speed workout - 6x400m repeats at a medium pace (10:15 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 3 miles at a pace of 11:15 minutes per mile - Saturday: Cross-training (biking) - 45 minutes - Sunday: Long run - 7 miles at an easy pace of 11:15 minutes per mile Total weekly mileage: 16 miles Week 3 (August 12 - August 18): - Monday: Rest day - Tuesday: Easy run - 4 miles at a pace of 11:00 minutes per mile - Wednesday: Cross-training (tennis) - 45 minutes - Thursday: Speed workout - 8x400m repeats at a medium pace (10:00 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 4 miles at a pace of 11:00 minutes per mile - Saturday: Cross-training (swimming) - 45 minutes - Sunday: Long run - 8 miles at an easy pace of 11:00 minutes per mile Total weekly mileage: 20 miles Week 4 (August 19 - August 25): - Monday: Rest day - Tuesday: Easy run - 4 miles at a pace of 10:45 minutes per mile - Wednesday: Cross-training (biking) - 45 minutes - Thursday: Speed workout - 10x400m repeats at a medium pace (10:45 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 4 miles at a pace of 10:45 minutes per mile - Saturday: Cross-training (tennis) - 45 minutes - Sunday: Long run - 9 miles at an easy pace of 10:45 minutes per mile Total weekly mileage: 22 miles Week 5 (August 26 - September 1): - Monday: Rest day - Tuesday: Easy run - 5 miles at a pace of 10:30 minutes per mile - Wednesday: Cross-training (swimming) - 45 minutes - Thursday: Speed workout - 12x400m repeats at a medium pace (10:30 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 5 miles at a pace of 10:30 minutes per mile - Saturday: Cross-training (biking) - 45 minutes - Sunday: Long run - 10 miles at an easy pace of 10:30 minutes per mile Total weekly mileage: 27 miles Week 6 (September 2 - September 8): - Monday: Rest day - Tuesday: Easy run - 5 miles at a pace of 10:15 minutes per mile - Wednesday: Cross-training (tennis) - 45 minutes - Thursday: Speed workout - 14x400m repeats at a medium pace (10:15 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 5 miles at a pace of 10:15 minutes per mile - Saturday: Cross-training (swimming) - 45 minutes - Sunday: Long run - 11 miles at an easy pace of 10:15 minutes per mile Total weekly mileage: 30 miles Week 7 (September 9 - September 15): - Monday: Rest day - Tuesday: Easy run - 6 miles at a pace of 10:00 minutes per mile - Wednesday: Cross-training (biking) - 45 minutes - Thursday: Speed workout - 16x400m repeats at a medium pace (10:00 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 6 miles at a pace of 10:00 minutes per mile - Saturday: Cross-training (tennis) - 45 minutes - Sunday: Long run - 12 miles at an easy pace of 10:00 minutes per mile Total weekly mileage: 34 miles Week 8 (September 16 - September 22): - Monday: Rest day - Tuesday: Easy run - 6 miles at a pace of 9:45 minutes per mile - Wednesday: Cross-training (swimming) - 45 minutes - Thursday: Speed workout - 18x400m repeats at a medium pace (9:45 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 6 miles at a pace of 9:45 minutes per mile - Saturday: Cross-training (biking) - 45 minutes - Sunday: Long run - 13 miles at an easy pace of 9:45 minutes per mile Total weekly mileage: 37 miles Week 9 (September 23 - September 29): - Monday: Rest day - Tuesday: Easy run - 7 miles at a pace of 9:30 minutes per mile - Wednesday: Cross-training (tennis) - 45 minutes - Thursday: Speed workout - 20x400m repeats at a medium pace (9:30 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 7 miles at a pace of 9:30 minutes per mile - Saturday: Cross-training (swimming) - 45 minutes - Sunday: Long run - 14 miles at an easy pace of 9:30 minutes per mile Total weekly mileage: 41 miles Week 10 (September 30 - October 6): - Monday: Rest day - Tuesday: Easy run - 7 miles at a pace of 9:15 minutes per mile - Wednesday: Cross-training (biking) - 45 minutes - Thursday: Speed workout - 22x400m repeats at a medium pace (9:15 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 7 miles at a pace of 9:15 minutes per mile - Saturday: Cross-training (tennis) - 45 minutes - Sunday: Long run - 15 miles at an easy pace of 9:15 minutes per mile Total weekly mileage: 44 miles Week 11 (October 7 - October 13): - Monday: Rest day - Tuesday: Easy run - 8 miles at a pace of 9:00 minutes per mile - Wednesday: Cross-training (swimming) - 45 minutes - Thursday: Speed workout - 24x400m repeats at a medium pace (9:00 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 8 miles at a pace of 9:00 minutes per mile - Saturday: Cross-training (biking) - 45 minutes - Sunday: Long run - 16 miles at an easy pace of 9:00 minutes per mile Total weekly mileage: 48 miles Week 12 (October 14 - October 20): - Monday: Rest day - Tuesday: Easy run - 8 miles at a pace of 8:45 minutes per mile - Wednesday: Cross-training (tennis) - 45 minutes - Thursday: Speed workout - 26x400m repeats at a medium pace (8:45 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 8 miles at a pace of 8:45 minutes per mile - Saturday: Cross-training (swimming) - 45 minutes - Sunday: Long run - 17 miles at an easy pace of 8:45 minutes per mile Total weekly mileage: 51 miles Week 13 (October 21 - October 27): - Monday: Rest day - Tuesday: Easy run - 9 miles at a pace of 8:30 minutes per mile - Wednesday: Cross-training (biking) - 45

minutes - Thursday: Speed workout - 28x400m repeats at a medium pace (8:30 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 9 miles at a pace of 8:30 minutes per mile - Saturday: Cross-training (tennis) - 45 minutes - Sunday: Long run - 18 miles at an easy pace of 8:30 minutes per mile Total weekly mileage: 54 miles Week 14 (October 28 - November 3): - Monday: Rest day - Tuesday: Easy run - 9 miles at a pace of 8:15 minutes per mile - Wednesday: Cross-training (swimming) - 45 minutes - Thursday: Speed workout - 30x400m repeats at a medium pace (8:15 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 9 miles at a pace of 8:15 minutes per mile - Saturday: Cross-training (biking) - 45 minutes - Sunday: Long run - 19 miles at an easy pace of 8:15 minutes per mile Total weekly mileage: 57 miles Week 15 (November 4 - November 10): - Monday: Rest day - Tuesday: Easy run - 10 miles at a pace of 8:00 minutes per mile - Wednesday: Cross-training (tennis) - 45 minutes - Thursday: Speed workout - 32x400m repeats at a medium pace (8:00 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 10 miles at a pace of 8:00 minutes per mile - Saturday: Cross-training (swimming) - 45 minutes - Sunday: Long run - 20 miles at an easy pace of 8:00 minutes per mile Total weekly mileage: 62 miles Week 16 (November 11 - November 17): - Monday: Rest day - Tuesday: Easy run - 10 miles at a pace of 7:45 minutes per mile - Wednesday: Cross-training (biking) - 45 minutes - Thursday: Speed workout - 34x400m repeats at a medium pace (7:45 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 10 miles at a pace of 7:45 minutes per mile - Saturday: Cross-training (tennis) - 45 minutes - Sunday: Long run - 18 miles at an easy pace of 7:45 minutes per mile Total weekly mileage: 62 miles Week 17 (November 18 - November 24): - Monday: Rest day - Tuesday: Easy run - 10 miles at a pace of 7:30 minutes per mile - Wednesday: Cross-training (swimming) - 45 minutes - Thursday: Speed workout - 36x400m repeats at a medium pace (7:30 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 10 miles at a pace of 7:30 minutes per mile - Saturday: Cross-training (biking) - 45 minutes - Sunday: Long run - 16 miles at an easy pace of 7:30 minutes per mile Total weekly mileage: 62 miles Week 18 (November 25 - December 1): - Monday: Rest day - Tuesday: Easy run - 8 miles at a pace of 7:15 minutes per mile - Wednesday: Cross-training (tennis) - 45 minutes - Thursday: Speed workout - 38x400m repeats at a medium pace (7:15 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 8 miles at a pace of 7:15 minutes per mile - Saturday: Cross-training (swimming) - 45 minutes - Sunday: Long run - 14 miles at an easy pace of 7:15 minutes per mile Total weekly mileage: 62 miles Week 19 (December 2 - December 8): - Monday: Rest day - Tuesday: Easy run - 6 miles at a pace of 7:00 minutes per mile - Wednesday: Cross-training (biking) - 45 minutes - Thursday: Speed workout - 40x400m repeats at a medium pace (7:00 minutes per mile) with 2 minutes rest in between - Friday: Easy run - 6 miles at a pace of 7:00 minutes per mile - Saturday: Cross-training (tennis) - 45 minutes - Sunday: Long run - 10 miles at an easy pace of 7:00 minutes per mile Total weekly mileage: 62 miles Week 20 (December 9 - December 10): - Monday: Rest day - Tuesday: Easy run - 3 miles at a pace of 7:00 minutes per mile - Wednesday: Rest day - Thursday: Rest day - Friday: Rest day - Saturday: Rest day - Sunday: Marathon day! Total weekly mileage: 3 miles Note: This training plan gradually increases the weekly mileage and includes speed workouts, cross-training, and a long run each week. It also ensures that there is no more than one long run (over 10 miles) per week to prevent injury or burnout. Adjustments can be made based on the individual's fitness level and progress.