

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 5 Miles	Training Run 7 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 8 Mile
2	Rest Day	Pace Run 5 Miles	Training Run 8 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 10 Mile
3	Rest Day	Pace Run 6 Miles	Training Run 8 Miles	Rest Day	Training Run 6 Miles	Strength Training	Long Run 12 Mile
4	Rest Day	Pace Run 5 Miles	Training Run 8 Miles	Rest Day	Training Run 6 Miles	Strength Training	Long Run 15.1 Mil
5	Rest Day	Pace Run 6 Miles	Training Run 9 Miles	Rest Day	Training Run 6 Miles	Strength Training	Long Run 13 Mile
6	Rest Day	Pace Run 6 Miles	Training Run 9 Miles	Rest Day	Training Run 6 Miles	Strength Training	Long Run 18 Mile
7	Rest Day	Pace Run 7 Miles	Training Run 10 Miles	Rest Day	Training Run 6 Miles	Strength Training	Long Run 20 Mile
8	Rest Day	Pace Run 7 Miles	Training Run 10 Miles	Rest Day	Training Run 7 Miles	Strength Training	Long Run 17 Mil
9	Rest Day	Pace Run 7 Miles	Training Run 9 Miles	Rest Day	Training Run 7 Miles	Strength Training	Long Run 23 Mil
10	10 Rest Day	Pace Run 6 Miles	Training Run 8 Miles	Rest Day	Training Run 6 Miles	Strength Training	Long Run 15.1 M
11	Rest Day	Pace Run 5 Miles	Training Run 6 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 10 Mi
12	12 Rest Day	Training Run 5 Miles	Rest Day	Easy Run 5 miles	Rest Day	Easy Run 4 miles	Marathon