

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---------------|---------------------------|---------------------------|---------------------|---------------------------|----------------------|----------------------|
| 1 | Rest Day | training run 5 miles | training run 4 miles | Rest Day | training run 5 miles | Strength Training | Long Run 6 miles |
| 2 | Rest Day | training run 5 miles | training run 4 miles | Rest Day | training run 5 miles | Strength Training | Long Run 7 miles |
| 3 | Rest Day | training run 5 miles | training run 4 miles | Rest Day | training run 5.5 miles | Strength Training | Long Run 7 miles |
| 4 | Rest Day | training run 5.5 miles | training run 4 miles | Rest Day | training run 5.5 miles | Strength Training | Long Run 8 miles |
| 5 | Rest Day | training run 5.5 miles | training run 4.5 miles | Rest Day | training run 6 miles | Strength Training | Long Run 8 miles |
| 6 | Rest Day | training run 6 miles | training run 4.5 miles | Rest Day | training run 6 miles | Strength Training | Long Run 6 miles |
| 7 | Rest Day | training run 6 miles | training run 4.5 miles | Rest Day | training run 6 miles | Strength Training | Long Run 9 miles |
| 8 | Rest Day | training run 6 miles | training run 4.5 miles | Rest Day | training run 6 miles | Strength Training | Long Run 10 miles |
| 9 | Rest Day | training run 6 miles | training run 4.5 miles | Rest Day | training run 6.5 miles | Strength Training | Long Run 7 miles |
| 10 | Rest Day | training run 6.5 miles | training run 4.5 miles | Rest Day | training run 6.5 miles | Strength Training | Long Run 10 miles |
| 11 | Rest Day | training run 4.5 miles | training run 4.5 miles | Rest Day | training run 6.5 miles | Strength Training | Long Run 11 miles |
| 12 | Rest Day | training run 6.5 miles | training run 4.5 miles | Rest Day | training run 6.5 miles | Strength Training | Long Run 8 miles |
| 13 | Rest Day | training run 7 miles | training run 5 miles | Rest Day | training run 7 miles | Strength Training | Long Run 11 miles |
| 14 | Rest Day | training run 7 miles | training run 6 miles | Rest Day | training run 7 miles | Strength Training | Long Run 12 miles |
| 15 | Rest Day | training run 7 miles | training run 5 miles | Rest Day | training run 7 miles | Strength Training | Long Run 9 miles |
| 16 | Rest Day | training run 5 miles | Rest Day | Easy Run 5 miles | Rest Day | Easy Run 4 miles | Half Marathon |