

|    | 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          |