

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 10 mile
2	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 12 mile
3	Rest Day	Pace Run 6 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 13 mile
4	Rest Day	Pace Run 6 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 11 mile
5	Rest Day	Pace Run 7 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 15 mile
6	Rest Day	Pace Run 7 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 17 mile
7	Rest Day	Pace Run 7 miles	Training Run 9 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 12 mile
8	Rest Day	Pace Run 7 miles	Training Run 9 miles	Rest Day	Training Run 9 miles	Strength Training	Long Run 18 mil
9	Rest Day	Pace Run 8 miles	Training Run 10 miles	Rest Day	Training Run 9 miles	Strength Training	Long Run 20 mi
10	Rest Day	Pace Run 8 miles	Training Run 10 miles	Rest Day	Training Run 9 miles	Strength Training	Long Run 16 mil
11	Rest Day	Pace Run 8 miles	Training Run 10 miles	Rest Day	Training Run 10 miles	Strength Training	Long Run 21 mi
12	Rest Day	Pace Run 8 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Half Marathon 15.1 mi
13	Rest Day	Pace Run 8 miles	Training Run 10 miles	Rest Day	Training Run 10 miles	Strength Training	Long Run 22 mi
14	Rest Day	Pace Run 8 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 14 mi
15	Rest Day	Pace Run 8 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 10
16	Rest Day	Training Run 5 miles	Rest Day	Easy Run 5 miles	Training Run 6 miles	Easy Run 4 miles	Marathon