

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