

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 3 Miles	Training Run 5 Miles	Rest Day	Training Run 3 Miles	Strength Training	Long Run 6 Mile
2	Rest Day	Pace Run 3 Miles	Training Run 6 Miles	Rest Day	Training Run 3 Miles	Strength Training	Long Run 8 Mile
3	Rest Day	Pace Run 4 Miles	Training Run 6 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 10 Mile
4	Rest Day	Pace Run 4 Miles	Training Run 6 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 13.1 Mil
5	Rest Day	Pace Run 4 Miles	Training Run 7 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 11 Mile
6	Rest Day	Pace Run 4 Miles	Training Run 7 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 16 Mile
7	Rest Day	Pace Run 5 Miles	Training Run 8 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 18 Mile
8	Rest Day	Pace Run 5 Miles	Training Run 8 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 15 Mil
9	Rest Day	Pace Run 5 Miles	Training Run 7 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 21 Mil
10	10 Rest Day	Pace Run 4 Miles	Training Run 6 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 13.1 M
11	Rest Day	Pace Run 3 Miles	Training Run 4 Miles	Rest Day	Training Run 3 Miles	Strength Training	Long Run 8 Mi
12	12 Rest Day	Training Run 3 Miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	Marathon