

	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