

	<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	30 mins easy	45 mins Cross training	Rest	30 mins easy	Rest	Long Run 6 Miles Slow
<b>2</b>	Rest	40 mins easy	45 mins Cross training	Rest	40 mins intervals	Rest	Long Run 6 Miles Race Pace
<b>3</b>	Rest	40 mins easy	45 mins Cross training	Rest	40 mins intervals	Rest	Long Run 7 Miles Slow
<b>4</b>	Rest	50 mins easy	45 mins Cross training	Rest	40 mins intervals	Rest	Long Run 7 Miles Race Pace
<b>5</b>	Rest	50 mins easy	60 mins Cross training	Rest	40 mins intervals	Rest	Long Run 8 Miles Slow
<b>6</b>	Rest	40 mins easy	60 mins Cross training	Rest	40 mins intervals	Rest	Long Run 8 Miles Race Pace
<b>7</b>	Rest	40 mins easy	60 mins Cross training	Rest	50 mins intervals	Rest	Long Run 10 Miles Slow
<b>8</b>	Rest	50 mins easy	60 mins Cross training	Rest	60 mins intervals	Rest	Long Run 10 Miles Race Pace
<b>9</b>	Rest	40 mins easy	45 mins Cross training	Rest	60 mins intervals	Rest	Long Run 12 Miles Slow
<b>10</b>	Rest	40 mins easy	45 mins Cross training	Rest	50 mins intervals	Rest	Long Run 14 Miles Slow
<b>11</b>	Rest	50 mins easy	60 mins Cross training	Rest	40 mins intervals	Rest	Long Run 8 Miles Race Pace
<b>12</b>	Rest	40 mins easy	45 mins Cross training	Rest	40 mins intervals	Rest	Half marathon