

	MONDAY	TUESDAY	WEDNESDAY	THURSDA	FRIDAY	SATURDA	SUNDAY
1	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8 mile
2	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 10 mile
3	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 11 mile
4	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 9 mile
5	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 13 mil
6	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 15 mile
7	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 10 mile
8	Rest Day	Pace Run 5 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 16 mile
9	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 18 mil
10	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 7 miles	Strength Training	Long Run 14 mil
11	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 19 mi
12	Rest Day	Pace Run 6 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Half Marathon 13.1 mi
13	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	Long Run 20 mi
14	Rest Day	Pace Run 6 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 12 mi
15	Rest Day	Pace Run 6 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8
16	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Training Run 4 miles	Easy Run 2 miles	Marathon