

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	20 mins easy	30 mins Cross training	Rest	20 mins easy	Rest	Long Run 4 Miles Slow
2	Rest	30 mins easy	30 mins Cross training	Rest	30 mins intervals	Rest	Long Run 4 Miles Race Pace
3	Rest	30 mins easy	30 mins Cross training	Rest	30 mins intervals	Rest	Long Run 5 Miles Slow
4	Rest	40 mins easy	30 mins Cross training	Rest	30 mins intervals	Rest	Long Run 5 Miles Race Pace
5	Rest	40 mins easy	45 mins Cross training	Rest	30 mins intervals	Rest	Long Run 6 Miles Slow
6	Rest	30 mins easy	45 mins Cross training	Rest	30 mins intervals	Rest	Long Run 6 Miles Race Pace
7	Rest	30 mins easy	45 mins Cross training	Rest	40 mins intervals	Rest	Long Run 8 Miles Slow
8	Rest	40 mins easy	45 mins Cross training	Rest	50 mins intervals	Rest	Long Run 8 Miles Race Pace
9	Rest	30 mins easy	30 mins Cross training	Rest	50 mins intervals	Rest	Long Run 10 Miles Slow
10	Rest	30 mins easy	30 mins Cross training	Rest	40 mins intervals	Rest	Long Run 12 Miles Slow
11	Rest	40 mins easy	45 mins Cross training	Rest	30 mins intervals	Rest	Long Run 6 Miles Race Pace
12	Rest	30 mins easy	30 mins Cross training	Rest	30 mins intervals	Rest	Half marathon