

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 4.5 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	9 mile long run
2	Rest Day	Pace Run 4.5 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	10 mile long run
3	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	11 mile long run
4	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	8 mile long run
5	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	13 mile long run
6	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	14 mile long run
7	Rest Day	Pace Run 6 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	11 mile long run
8	Rest Day	Pace Run 6 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	17 mile long run
9	Rest Day	Pace Run 6 miles	Training Run 7 miles	Rest Day	Training Run 7 miles	Strength Training	18 mile long run
10	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 7 miles	Strength Training	13.1 mile half marathon
11	Rest Day	Pace Run 6 miles	Training Run 8 miles	Rest Day	Training Run 8 miles	Strength Training	19 mile long run
12	Rest Day	Pace Run 6 miles	Training Run 7 miles	Rest Day	Training Run 8 miles	Strength Training	20 mile long run
13	Rest Day	Pace Run 7 miles	Training Run 9 miles	Rest Day	Training Run 8 miles	Strength Training	18 mile long run
14	Rest Day	Pace Run 7 miles	Training Run 9 miles	Rest Day	Training Run 8 miles	Strength Training	21 mile long run
15	Rest Day	Pace Run 7 miles	Training Run 9 miles	Rest Day	Training Run 8 miles	Strength Training	13.1 mile half marathon
16	Rest Day	Pace Run 7 miles	Training Run 10 miles	Rest Day	Training Run 8 miles	Strength Training	20 mile long run
17	Rest Day	Pace Run 7 miles	Training Run 10 miles	Rest Day	Training Run 8 miles	Strength Training	22 mile long run
18	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	15 mile long run
19	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	10 mile long run
20	Rest Day	Training Run 5 miles	Rest Day	Easy Run 7 miles	Rest Day	4 mile run easy pace	Marathon