

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	5 miles	Rest	5 miles	Rest	3 miles	6 miles
2	Rest	5 miles	Rest	5 miles	Rest	5 miles	6 miles
3	Rest	6 miles	Rest	6 miles	Rest	5 miles	7 miles
4	Rest	6 miles	Rest	6 miles	Rest	5 miles	7 miles
5	Rest	7 miles	Rest	7 miles	Rest	5 miles	8 miles
6	Rest	7 miles	Rest	7 miles	Rest	5 miles	8 miles
7	Rest	5 miles	7 miles	5 miles	Rest	5 miles	9 miles
8	Rest	5 miles	7 miles	5 miles	Rest	5 miles	9 miles
9	Rest	6 miles	7 miles	6 miles	Rest	5 miles	10 miles
10	Rest	6 miles	7 miles	6 miles	Rest	5 miles	10 miles
11	Rest	6 miles	8 miles	6 miles	Rest	4 miles	11 miles
12	Rest	6 miles	8 miles	6 miles	Rest	4 miles	11 miles
13	Rest	7 miles	8 miles	7 miles	Rest	4 miles	12 miles
14	Rest	7 miles	8 miles	7 miles	Rest	4 miles	12 miles
15	Rest	7 miles	8 miles	6 miles	Rest	4 miles	10 miles
16	Rest	7 miles	8 miles	6 miles	Rest	4 miles	10 miles
17	Rest	6 miles	8 miles	6 miles	Rest	Rest	11 miles
18	Rest	6 miles	8 miles	6 miles	Rest	Rest	11 miles
19	Rest	6 miles	7 miles	6 miles	Rest	Rest	6 miles
20	Rest	6 miles	Rest	7 miles	Rest	Rest	Half marathon