

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MILEAGE
1	EASY RUN: 5 MILES	REST	EASY RUN: 6 MILES WITH 6 X 20-SECOND STRIDES	EASY RUN: 5 MILES + STRENGTH TRAINING	EASY RUN: 6 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS- TRAINING	LONG RUN: 10 MILES	32
2	EASY RUN: 5 MILES	REST	INTERVALS: 8 MILES WARM-UP, 6 X 800M @ 5K PACE W/400M JOG RECOVERY BETWEEN REPEATS	EASY RUN: 5 MILES + STRENGTH TRAINING	EASY RUN: 8 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS- TRAINING	EASY RUN: 12 MILES + 6 X 20-SECOND STRIDES	38
3	EASY RUN: 5 MILES	REST	TEMPO RUN: 2-MILE WARM-UP, 6 MILES @ HALF-MARATHON PACE, 2-MILE COOL- DOWN (10 MILES)	EASY RUN: 5 MILES + STRENGTH TRAINING	FARTLEK: 8 MILES 8 X 1:00 @ 5K EFFORT W/1:00 JOG RECOVERY BETWEEN REPS	REST OR CROSS- TRAINING	EASY RUN: 12 MILES W/LAST 10 MILES @ GOAL MARATHON PACE	40
4	EASY RUN: 5 MILES	REST	INTERVALS: 10 MILES 5 X 1 MILE @ 10K PACE W/3:00 RECOVERY BETWEEN REPS	EASY RUN: 5 MILES + STRENGTH TRAINING	EASY RUN: 6 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS- TRAINING	EASY RUN: 14 MILES + 6 X 20-SECOND STRIDES	40
5	EASY RUN: 5 MILES	REST	EASY RUN: 8 MILES + 6 X 20-SECOND STRIDES	EASY RUN: 5 MILES + STRENGTH TRAINING	EASY RUN: 10 MILES + 6 X 20-SECOND STRIDES	REST OR CROSS- TRAINING	EASY RUN: 16 MILES + 6 X 20-SECOND STRIDES	44
6	EASY RUN: 5 MILES	REST	EASY RUN: 10 MILES	EASY RUN: 5 MILES + STRENGTH TRAINING	FARTLEK: 8 MILES 5 X 3:00 @ 5K EFFORT W/2:00 JOG RECOVERY BETWEEN REPS	REST OR CROSS- TRAINING	EASY RUN: 16 MILES	44
7	EASY RUN: 5 MILES	REST	EASY RUN: 6 MILES + 6 X 20-SECOND STRIDES	EASY RUN: 5 MILES + STRENGTH TRAINING	INTERVALS: 8 MILES 6 X 800M @ 10K PACE W/400M JOG RECOVERY BETWEEN REPEATS	REST OR CROSS- TRAINING	EASY RUN: 12 MILES + 6 X 20-SECOND STRIDES	36
8	EASY RUN: 5 MILES	REST	TEMPO RUN: 2-MILE WARM-UP, 3 MILES @ GOAL MARATHON PACE, 2-MILE COOL- DOWN (7 MILES)	EASY RUN: 5 MILES	FARTLEK: 5 MILES 4-5 X 2:00 @ 10K EFFORT W/2:00 JOG RECOVERY BETWEEN REPS	REST	EASY RUN: 5 MILES + 6 X 20-SECOND STRIDES	27
	<u>RACE DAY!</u>							