



Week#	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		3-4 miles	5 miles	Rest	5 miles	Rest	3-5 miles	8 miles
2		3-4 miles	5 miles	Rest	5 miles	Rest	3-5 miles	8 miles
3		3-4 miles	5 miles	7 miles	5 miles	Rest	3-5 miles	10 miles
4		3-4 miles	5 miles	5 miles	5 miles	Rest	3-5 miles	10 miles
5		6 miles	5 miles	5 miles	5 miles	5 miles	7 miles	10 miles
6		6 miles	5 miles	7 miles	3-5 miles	3-5 miles	7 miles	12 miles
7		6 miles	7 miles	4-5 miles	7 miles	Rest	7 miles	12 miles
8		6 miles	8 miles	5 miles	7 miles	4-5 miles	7 miles	12 miles
9		6 miles	7 miles	6 miles	7 miles	4-5 miles	7 miles	12-14 miles
10		6 miles	8 miles	7 miles	8 miles	4-5 miles	7 miles	12-14 miles
11		3-4 miles	5 miles	Rest	5 miles	Rest	3-5 miles	8 miles
12		3-4 miles	5 miles	Rest	5 miles	Rest	3-5 miles	8 miles
13		3-4 miles	5 miles	7 miles	5 miles	Rest	3-5 miles	10 miles
14		3-4 miles	5 miles	5 miles	5 miles	Rest	3-5 miles	10 miles
15		6 miles	5 miles	5 miles	5 miles	5 miles	7 miles	10 miles
16		6 miles	5 miles	7 miles	3-5 miles	3-5 miles	7 miles	12 miles
17		6 miles	7 miles	4-5 miles	7 miles	Rest	7 miles	12 miles
18		6 miles	8 miles	5 miles	7 miles	4-5 miles	7 miles	12 miles
19		6 miles	7 miles	6 miles	7 miles	4-5 miles	7 miles	12-14 miles
20		6 miles	8 miles	7 miles	8 miles	4-5 miles	7 miles	12-14 miles
21		6 miles	7 miles	5 miles	7 miles	Rest	7 miles	12-14 miles
22		6 miles	8 miles	7 miles	7 miles	5 miles	8 miles	14-16 miles
23		6 miles	8 miles	6 miles	8 miles	5 miles	8 miles	14-16 miles
24		6 miles	8 miles	8 miles	8 miles	5 miles	8 miles	14-16 miles
25		3-5 miles	Speed Workout	7-9 miles	8-10miles	Rest	7-9 miles	12-14 miles
26		3-5 miles	Speed Workout	7-9 miles	8-10miles	Rest	7-9 miles	14-16 miles
27		3-5 miles	Speed Workout	3-4 miles	8-10miles	Rest	7-9 miles	14-16 miles
28		3-5 miles	Speed Workout	7-9 miles	8-10miles	Rest	7-9 miles	14-16 miles
29		3-5 miles	Speed Workout	7-9 miles	8-11 miles	Rest	7-9 miles	14-16 miles
30		3-5 miles	Speed Workout	7-10 miles	8-11 miles	Rest	7-9 miles	16-18 miles
31		3-5 miles	5 miles	7-9 miles	5 miles	Rest	7-9 miles	14-16 miles
32		3-5 miles	5 miles	7-9 miles	5 miles	Rest	7-9 miles	16-18 miles
33		3-5 miles	7 miles	9 miles	7 miles	Rest	7-9 miles	12-14 miles
34		Rest	3-5 miles	8 miles	5 miles	Rest	6-8 miles	Marathon