

Sample	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run
26-Dec				5	8.5	5	8	4	13	5
<b>1</b>	39.5	48.5	53.5	40-55 min easy w/ strides & drills	2M w/u; 2M @ HMP (3:00 rest), 4x400 uphill (down rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:45 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
2-Jan				5	8	5	7.5	4	14	5
<b>2</b>	39.5	48.5	54.5	40-55 min easy w/ strides & drills	2M w/u; 4M @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 5-6 x K @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	1:50-2:00 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
9-Jan				5	7	5	8	4	15	5
<b>3</b>	40	49	56	40-55 min easy w/ strides & drills	2M w/u; 6-9 x 400m uphill @ 5K pace (downhill rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 8-12 x 400m @ 5K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 32 min easy w/ strides & drills	2:00-2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
16-Jan				5	8.5	5	8.5	5	6	16
<b>4</b>	44	54	60	40-55 min easy w/ strides & drills	2M w/u; 3 x 2M @ HMP (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 6-8 x 800m @ 5K pace (2:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:00-2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
23-Jan				5	9	5	8	5	17	5
<b>5</b>	44	54	60	40-55 min easy w/ strides & drills	2M w/u; 5M @ HMP (+2M vs 5K plan); 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 4-6 x 1200m @ 10K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:15 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
30-Jan				6	11	5	9	5	18	5
<b>6</b>	49	59	65	50-60 min easy w/ strides & drills	2M w/u; 3x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 8-10 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:20-2:30 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
6-Feb				6	8	5	11	5	19	5
<b>7</b>	49	59	65	50-60 min easy w/ strides & drills	2M w/u; 4-6M continuous run alt pace; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	2:30-2:40 easy run (MP + 45-60 sec / mile)	40-55 min easy w/ strides & drills
13-Feb				6	9	6	10	5	20	5
<b>8</b>	50	61	67	50-60 min easy w/ strides & drills	2M w/u; 5-6M @ HMP; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 10-12 Canova Ks; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	Easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills
20-Feb				6	10.5	6	9.5	6	20	5
<b>9</b>	51	63	69	50-60 min easy w/ strides & drills	2M w/u; 3 x 2M @ LT (3:00 rest); 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 4-5x1M @ LT pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	20-22 miles easy run (MP + 45-60 sec/ mile)	40-55 min easy w/ strides & drills

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				Recovery Run	Long interval workout	Crosstrain, Yoga, rest or easy run	Short interval workout	Crosstrain, rest or easy run	Long run	Recovery Run
27-Feb				7	12	6	8	6	15	7
<b>10</b>	49	61	66	55-70 min easy w/ strides & drills	2M w/u; 55 min @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 4 x 800m @ 10K pace, 4 x 400 @ 5K pace (1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	15-17 miles if racing; 18-20 if not	40-55 min easy w/ strides & drills
6-Mar				6	11.5	6	11	6	20	5
<b>11</b>	53.5	65.5	71.5	50-60 min easy w/ strides & drills	2M w/u; 12-14 Canova Ks; 2M c/d OR 10-12 miles if raced	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u, 4x2K @ LT pace (2:00 rest), 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	Progression run	40-55 min easy w/ strides & drills
13-Mar				7	13	6	7.5	6	4	17
<b>12</b>	48.5	60.5	66.5	55-70 min easy w/ strides & drills	2M w/u; 70 min @ MP on hilly course; 2M c/d	Crosstrain/ Yoga/ 0 to 50 min easy w/ strides & drills	2M w/u; 2x1200 @ 10K; 3x800 @ 5K; 4x400 @ >5K (2:30/ 2:00/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 50 min easy w/ strides & drills	REST or 32 min easy w/ 4x100m strides	New Bedford Half Marathon
20-Mar				5	11	7	10.5	5	22	5
<b>13</b>	60.5	65.5	72.5	40-55 min easy w/ strides & drills	90-100 min easy with strides & drills	Crosstrain/ Yoga/ 0 to 60 min easy w/ strides & drills	2M w/u; 3M @ MP (3:00 rest), 2M @ HMP (2:00 rest), 1M @ 10K pace; 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	22-23 miles	40-55 min easy w/ strides & drills
27-Mar				6	14	5	9	5	20	5
<b>14</b>	54	64	69	50-60 min easy w/ strides & drills	2M w/u; 80 min @ MP; 2M c/d	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	2M w/u; 2M @ HMP 4 x 800 10K pace (2:30/ 1:30 rest); 2M c/d	Crosstrain/ 0 to 40 min easy w/ strides & drills	Progression run	40-55 min easy w/ strides & drills
3-Apr				6	9	5	7.5	4	12	4
<b>15</b>	43.5	47.5	52.5	50-60 min easy w/ strides & drills	70-75 min w/ 4-5 miles @ MP	Crosstrain/ Yoga/ 0 to 40 min easy w/ strides & drills	60 minutes easy	Crosstrain/ 0 to 32 min easy w/ strides & drills	12 miles easy with last 2 miles @ MP	30-35 min easy w/ strides & drills
10-Apr				5	7.5	4	5	4	2	2
<b>16</b>	25.5	29.5	33.5	40-55 min easy w/ strides & drills	60 minutes w/ final 2 miles @ MP	Crosstrain/ Yoga/ 0 to 32 min easy w/ strides & drills	40-56 min easy w/ 4x100m strides	Crosstrain/ 0 to 32 min easy w/ strides & drills	REST or 10-15 min shakeout	REST or 10-15 min shakeout