



RUNNER TRAINING SCHEDULE

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	6 Miles	5 Miles	4 Miles 6 x Strides	6 Miles	5 Miles 6 x Strides	Active Rest	5 Miles 6 x Strides
2	7 Miles	5 Miles	5 Miles 6 x Strides	10 E (3x) 7F/2E Cruise Pace 10E	5 Miles 6 x Strides	Active Rest	6 Miles 6 x Strides
3	8 Miles	5 Miles 6 x Strides	5 Miles	10E 6F*7F*8F w/2E between Cruise Pace 10E	5 Miles 6 x Strides	Active Rest	5 Miles 6 x Strides



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	10 miles	6 Miles 6 x Strides	15 WU 3x strides 8x200 w/400 jog Rep Pace 3 x strides 10 CD	5 Miles	5 Miles	Active Rest	10E (5x) 1F/5E Rep Pace 10E
5	10 Miles	6 Miles 6 x Strides	10 WU 3 x strides 5x400 w/600 jog Rep Pace 3 x strides 10CD	5 Miles	5 Miles 4 x Strides	Active Rest	10E (7x) :30F every 4:00 10E
6	11 miles	6 Miles 6 x Strides	15 WU 3x strides 3x300 w/500 jog Rep Pace 3 x strides 10 CD	5 Miles	5 Miles 4 x Strides	3 Miles	Double Sessions 5miles 5 miles (both at brisk pace)



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 Miles	7 Miles 6 x Strides	15 WU 3x strides 6x1000 w/400 jog Interval Pace 3 x strides 10 CD	6 Miles	5 Miles 4 x Strides	3 Miles	10 E 20 Brisk Cruise Pace 10E
8	13 Miles	6 Miles 6 x Strides	15 WU 3x strides 5x1200 w/400 jog Interval Pace 3 x strides 10 CD	6 Miles	5 Miles 4 x Strides	Active Rest	10E (3x) 3F/3E (3x) 2F/1E Interval Pace 10E
9	10 miles	6 Miles 6 x Strides	15 WU 3x strides 4x1600 w/400 jog Interval Pace 3 x strides 10 CD	6 Miles	5 Miles	10E (4x) 5F/1E Cruise Pace 10E	6 Miles



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	12 Miles	6 Miles 6 x Strides	10 WU 3 x strides 5x1600 w/200 jog Cruise Pace 3 x strides 10CD	6 Miles	5 Miles	4 Miles 4 x Strides	Double Sessions 7miles 5 miles (both at brisk pace)
11	8 Miles	5 Miles 6 x Strides	10 WU 3 x strides 5x1200 w/200 jog Cruise Pace 3 x strides 10CD	5 Miles 6 x Strides	4 Miles	15 E 25 Brisk Cruise Pace 15 E	6 Miles
12	9 Miles	5 Miles 6 x Strides	10 WU 3 x strides 6x1000 w/200 jog (5 at Cruise Pace- Last one at Interval Pace) 3 x strides 10CD	5 Miles	4 Miles	Race day	Race day