

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	21 miles
			4 miles <i>RPE: 3-4</i>	3 miles <i>6:45 / mile</i>	45-60 mins	4 miles <i>RPE: 3-4</i>	2 x 800m <i>RPE: 8-9</i>	5 miles <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Rest Day	Long Run	17 miles
			4 miles <i>RPE: 3-4</i>	3 miles <i>6:45 / mile</i>	45-60 mins	4 miles <i>RPE: 3-4</i>	6 miles <i>RPE: 2-3</i>		
3		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	27 miles
			5 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	5 miles <i>RPE: 3-4</i>	3 x 800m <i>RPE: 8-9</i>	7 miles <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Rest Day	Long Run	19 miles
			5 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	5 miles <i>RPE: 3-4</i>	5 miles <i>RPE: 2-3</i>		
5		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	30 miles
			6 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	6 miles <i>RPE: 3-4</i>	3 x 800m <i>RPE: 8-9</i>	8 miles <i>RPE: 2-3</i>	
6		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	32 miles
			6 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	6 miles <i>RPE: 3-4</i>	4 x 800m <i>RPE: 8-9</i>	9 miles <i>RPE: 2-3</i>	
7		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	33 miles
			6 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	6 miles <i>RPE: 3-4</i>	4 x 800m <i>RPE: 8-9</i>	10 miles <i>RPE: 2-3</i>	
8		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	31 miles
			6 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	6 miles <i>RPE: 3-4</i>	5 x 800m <i>RPE: 8-9</i>	7 miles <i>RPE: 2-3</i>	
9		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	34 miles
			6 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	6 miles <i>RPE: 3-4</i>	5 x 800m <i>RPE: 8-9</i>	10 miles <i>RPE: 2-3</i>	
10		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	36 miles
			6 miles <i>RPE: 3-4</i>	4 miles <i>6:45 / mile</i>	45-60 mins	6 miles <i>RPE: 3-4</i>	5 x 800m <i>RPE: 8-9</i>	12 miles <i>RPE: 2-3</i>	
11		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	23 miles
			4 miles <i>RPE: 3-4</i>	3 miles <i>6:45 / mile</i>	45-60 mins	4 miles <i>RPE: 3-4</i>	2 x 800m <i>RPE: 8-9</i>	7 miles <i>RPE: 2-3</i>	
12		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	HALF	21 miles
			3 miles <i>RPE: 3-4</i>		3 miles <i>RPE: 2-3</i>		2 miles <i>RPE: 2-3</i>	13 miles <i>RPE: 5</i>	