

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30-45 min	Speed Workout Warm up: 1-2 miles 10x 400m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 8 miles	Rest Day	Threshold Run Warm up: 1 mile 5 x 4 min at tempo pace with 90 sec rest Cool down: 1 mile	Easy Run 4-5 miles	Long Run 16 miles
		Cross Training 45 min	Speed Workout Warm up: 1-2 miles 6 x 800m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 9 miles	Rest Day	Threshold Run Warm up: 1 mile 4 x 5 min at tempo pace with 90 sec rest Cool down: 1 mile	Easy Run 4-5 miles + 4 x 75m strides	Long Run 18 miles
2		Cross Training 45 min	Speed Workout Warm up: 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 10 miles	Rest Day	Threshold Run Warm up: 1 mile 3 x 7 min at tempo pace with 90 sec rest Cool down: 1 mile	Easy Run 4-5 miles + 4 x 75m strides	Long Run 20 miles
		Cross Training 45 min	Speed Workout Warm up: 1-2 miles 6-8 x 800m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 10 miles	Rest Day	Threshold Run Warm up: 1 mile 2 x 10 min at tempo pace with 90 sec rest Cool down: 1 mile	Easy Run 4-5 miles + 4 x 75m strides	Long Run 15 miles
3		Cross Training 45-60 min	Speed Workout Warm up: 1-2 miles 5 x 1200m at 5k pace with 200m jog Cool down: 1-2 miles	Distance Run 10 miles	Rest Day	Threshold Run Warm up: 1 mile 20 min at tempo pace Cool down: 1 mile	Easy Run 4-5 miles + 4 x 75m strides	Long Run 20-22 miles
		Cross Training 45-60 min	Speed Workout Warm up: 1-2 miles 4 x 1600m at 10k pace with 200m jog Cool down: 1-2 miles	Distance Run 12 miles	Rest Day	Threshold Run Warm up: 1 mile 25 min at tempo pace Cool down: 1 mile	Easy Run 4-5 miles + 4 x 75m strides	Long Run 16 miles
4		Cross Training 45-60 min	Speed Workout Warm up: 1-2 miles 10 x 400m at 10k pace with 200m jog Cool down: 1-2 miles	Distance Run 7 miles	Rest Day	Threshold Run Warm up: 1 mile 2 x 10 min at tempo pace with 90 sec rest Cool down: 1 mile	Easy Run 4-5 miles + 4 x 75 m strides	Long Run 10-12 miles
		Cross Training 30-40 min	Speed Workout Warm up: 1 mile 4 x 800 at goal marathon pace with 200m jog Cool down: 1 mile	Distance Run 4-5 miles	Rest Day	Shake Out Run 20 min + 4 x 75m strides	Marathon MARATHON!	Rest