<table>
<thead>
<tr>
<th>WEEK</th>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Weekly Mileage</th>
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<tbody>
<tr>
<td>1</td>
<td></td>
<td>Rest Day</td>
<td>Walk / Run</td>
<td>Rest Day</td>
<td>Walk / Run</td>
<td>Strength Training</td>
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<td>Long Run</td>
<td>Around 5.5 miles</td>
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<tr>
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<td>10 x 2 min walk 1 min run</td>
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<td>10 x</td>
<td>Rest Day</td>
<td>Around</td>
<td>1.5 miles (walk if needed)</td>
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<td>Walk / Run</td>
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<td>Around 8 miles</td>
</tr>
<tr>
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<td>15 x</td>
<td>Long Run</td>
<td>5K PHASE</td>
<td>2 miles (walk if needed)</td>
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<td>Walk / Run</td>
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<td>Rest Day</td>
<td>Walk / Run</td>
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<td>Rest Day</td>
<td>5k</td>
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<td>5 miles RPE: 3-4</td>
<td>45-60 mins</td>
<td>RPE: 2-3</td>
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<td>45-60 mins</td>
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<td>45-60 mins</td>
<td>RPE: 2-3</td>
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<td>45-60 mins</td>
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<td>Long Run</td>
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<td>Rest Day</td>
<td>Easy Run</td>
<td>Rest Day</td>
<td>Easy Run</td>
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