

	5:00-5:15	4:30-4:45	4:00-4:15	3:30-3:45	3:00-3:15
EASY RUN/LONG RUN	12:00/MILE	11:00/MILE	10:00/MILE	9:00/MILE	8:00/MILE
MARATHON PACE	11:30-12:00	10:20-10:50	9:10-9:40	8:00-8:30	6:50-7:30
MILE REPEAT	11:15-11:30	10:00-10:30	8:50-9:20	7:45-8:15	6:30-7:10
800'S/SPEED TRAINING	5:00/800	4:30/800	4:00/800	3:30/800	3:00/800

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			3-5 MILES FIND YOUR PACE	REST	3 MILE @ MARATHON	REST	13.5
6 MILE LONG RUN	REST/CROSS TRAIN	5 MILES	REST/CROSS TRAIN	4 X MILE REPEAT	REST/CROSS TRAIN	8 MILE LONG RUN	13.0
REST/CROSS TRAIN	5 MILES	REST/CROSS TRAIN	6 X 800	5 MILES	REST/CROSS TRAIN	10 MILE LONG RUN	12.0
REST/CROSS TRAIN	6 MILES	REST/RUN 3-5 INTMD	5 MILES @ MARATHON	REST/CROSS TRAIN	5 MILES	12 MILE LONG RUN	11.0
REST/CROSS TRAIN	5 MILES	REST/CROSS TRAIN	5 X MILE REPEAT	REST/RUN 3-5 INTMD	3-5 MILES	10 MILE LONG RUN	10.0
REST/CROSS TRAIN	8 X 800	REST/RUN 3-5 INTMD	6 MILES	REST/CROSS TRAIN	3-5 MILES	14 MILE LONG RUN	9.0
REST/CROSS TRAIN	6 MILES	REST/CROSS TRAIN	6 MILE @ MARATHON	REST/RUN 3-5 INTMD	3-5 MILES	12 MILE LONG RUN	8.0
REST/CROSS TRAIN	7 MILES	REST/RUN 3-5 INTMD	6 X MILE	REST/CROSS TRAIN	3-5 MILES	16 MILE LONG RUN	7.0
REST/CROSS TRAIN	5 MILES	REST/CROSS TRAIN	SPEED 10 X 800	REST/RUN 3-5 INTMD	3-5 MILES	12 MILE LONG RUN	6.0
REST/CROSS TRAIN	6 MILES	REST/RUN 3-5 INTMD	6 MILE @ MARATHON	REST/CROSS TRAIN	3-5 MILES	16 MILE LONG RUN	5.0
REST/CROSS TRAIN	6 MILES	REST/CROSS TRAIN	7 X MILE REPEAT	REST/RUN 3-5 INTMD	3-5 MILES	18 MILE LONG RUN	4.0
REST	7 MILES	REST	8 X MILE REPEAT	REST	3-5 MILES	14 MILE LONG RUN	3.0
REST	7 MILES	REST	SPEED 10 X 400'S	REST	3-5 MILES	10 MILE LONG RUN	2.0
REST	6 MILES	REST	SPEED 6 X 400'S	REST	1-3 MILES	RACE	1.0