

	Start Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
Week 1	<i>30-May</i>	4	6.5 (Note #1)	4	6	4	10	Off	34.5
Week 2	<i>6-Jun</i>	Off	6.5 (Note #1)	4	6	4	7 (Note #2)	4	31.5
Week 3	<i>13-Jun</i>	4	6.5 (Note #1)	4	6	4	12 (Note #3)	Off	36.5
Week 4	<i>20-Jun</i>	4	6.5 (Note #1)	4	6	4	14	Off	38.5
Week 5	<i>27-Jun</i>	4	6.5 (Note #1)	Off	6	6	12 (Note #4)	Off	34.5
Week 6	<i>4-Jul</i>	4	6.5 (Note #1)	4	8.5 (Note #5)	6	Off	Off	29
Week 7	<i>11-Jul</i>	4	10 (Note #6)	4	6	4	14	Off	42
Week 8	<i>18-Jul</i>	4	10 (Note #7)	4	6	6	11 (Note #8)	Off	41
Week 9	<i>25-Jul</i>	4	10 (Note #9)	4	6	6	12 (Note #10)	Off	42
Week 10	<i>1-Aug</i>	4	10 (Note #9)	4	6	6	15	Off	45
Week 11	<i>8-Aug</i>	4	10 (Note #11)	4	6	6	14 (Note #12)	Off	44
Week 12	<i>15-Aug</i>	4	12 (Note #13)	4	6	6	14 (Note #14)	Off	46
Week 13	<i>22-Aug</i>	4	12 (Note #15)	4	6	6	16	Off	48
Week 14	<i>29-Aug</i>	4	12 (Note #16)	4	6	6	14 (Note #17)	Off	46
Week 15	<i>5-Sep</i>	4	14 (Note #18)	4	6	6	16	Off	50
Week 16	<i>12-Sep</i>	4	12 (Note #19)	4	6	6	16 (Note #20)	Off	48
Week 17	<i>19-Sep</i>	4	14 (Note #18)	4	6	4	11 (Note #21)	Off	45
Week 18	<i>26-Sep</i>	7 (Note #22)	5	3	Off	3	13.1	Off	31.1

Notes

- 1) 1 mile warm up + 4 x (1200 m in 5:00 with 600 m recovery) + 1 mile cool down
- 2) 2 miles warm up + 3 miles in 21:30 + 2 miles cool down
- 3) 2 miles warm up + 4 x 1 mile in 7:10 with 1 min rest + 6 miles easy
- 4) 2 miles warm up + 2 x 2 miles in 14:00 with 2 min rest + 6 miles easy
- 5) 2 miles warm up + 6 x 1200 m in 5:22 with 1 min rest + 2 miles cool down
- 6) 2 miles warm up + 3 x 2 miles in 14:00 with 2 min rest + 2 miles cool down
- 7) 2 miles warm up + 3 x 1 mile in 7:00 with 1 min rest + 800 m easy + 2 x 1 mile in 7:00 with 1 min rest + 2 miles cool down
- 8) 2 miles warm up + 4 x 1200 m in 5:22 with 1 min rest + 2 miles easy + 2 miles in 14:00 + 2 miles easy
- 9) 2 miles warm up + 3 miles in 21:00 + 1 mile easy + 3 miles in 21:00 + 1 mile easy
- 10) 2 miles warm up + 8 miles at 7:30 min/mile + 2 miles cool down
- 11) 2 miles warm up + 8 x 1200 m in 5:11 with 30 sec rest + 2 miles cool down
- 12) 2 miles warm up + 2 x 2 miles in 13:50 with 2 min rest + 4 miles easy + 2 miles in 13:50 + 2 miles cool down
- 13) 2 miles warm up + 4 x 2 miles in 13:50 with 2 min rest + 2 miles easy
- 14) 2 miles warm up + 10 miles at 7:25 pace + 2 miles cool down
- 15) 2 x (2 miles easy + 3 miles in 20:45) + 2 miles easy
- 16) 6 miles easy + 6 x 1200 m in 5:11 with 1 min rest + 1.5 miles easy
- 17) 2 miles easy + 4 x 1200 m in 5:11 with 1 min rest + 4 miles easy + 4 x 1200 m in 5:11 with 1 min rest + 2 miles easy
- 18) 2 x (3 miles easy + 3 miles in 20:45) + 2 miles easy
- 19) 2 x (2 miles easy + 3 miles in 20:45) + 2 miles easy
- 20) 2 miles warm up + 12 miles at 7:25 pace + 2 miles cool down
- 21) 2 miles warm up + 2 x (2 miles in 13:50 with 3 min rest) + 5 miles easy
- 22) 2 miles warm up + 4 x (1200 m in 5:11 with 2 min rest) + 2 miles easy