

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week #1	6	6 <sup>A</sup>	4	8	6	10	Off	40
Week #2	6	8 <sup>B</sup>	6	6	6	10	Off	42
Week #3	6	8 <sup>C</sup>	6	6	6	12	Off	44
Week #4	6	8 <sup>D</sup>	6	8	8	10 <sup>E</sup>	Off	46
Week #5	6	8 <sup>F</sup>	6	8	8	12	Off	48
Week #6	6	8 <sup>D</sup>	6	8	6	12	4	50
Week #7	6	8 <sup>D</sup>	6	8+4	8	12 <sup>G</sup>	Off	52
Week #8	6	8 <sup>H</sup>	6	8+4	8	14	Off	54
Week #9	6	7 <sup>I</sup> +3	6	8+4	8	14	Off	56
Week #10	6	10 <sup>E</sup>	6	8+4	8	15	Off	57
Week #11	6	8 <sup>D</sup> +3	6	8+4	8	14 <sup>J</sup>	3	60
Week #12	6	8 <sup>K</sup> +4	8	8+4	8	16	Off	62
Week #13	6	10 <sup>E</sup> + 4	8	8+4	8	16	Off	64
Week #14	8	8 <sup>K</sup> +4	8	8+4	8	18	Off	66
Week #15	8	12 <sup>L</sup>	8	8+4	8	15 <sup>M</sup>	5	68
Week #16	8	10 <sup>E</sup> + 4	8	8+4	10	18 <sup>N</sup>	Off	70
Week #17	8	12 <sup>L</sup>	8	8+4	6	10	Off	56
Week #18	6	6 <sup>O</sup>	4	4	Off	3	13.1 Race	36.1



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<sup>A</sup>1 mile warm-up + 8 x (400 m Economy Pace with 400 m recovery jogs) + 1 mile cool down

<sup>B</sup>1 mile warm-up + 8 x (1200 m VO2max Pace with 2 minute rests) + 1 mile cool down

<sup>C</sup>1 mile warm-up + 4 x (200 m Economy Pace with 200 m recovery jogs) + 2 x (400 m economy pace with 400 m recovery jogs) + 2 x (800 m economy pace with 800 m recovery jogs) + 2x (400 m economy pace with 400 m recovery jogs) + 4 x (200 m economy pace with 200 m recovery jogs) + 1 mile cool down

<sup>D</sup>1 mile warm-up + 6 x (1 mile @ VO2max pace with 3 minute rests) + 1 mile cool down

<sup>E</sup>1 mile warm-up + 4 x (2 miles @ Threshold pace with 3 minute rests) + 1 mile cool down

<sup>F</sup>1 mile warm-up + 12 x (400 m @ economy pace with 400 m recovery jogs) + 1 mile cool down

<sup>G</sup>1 mile easy + 3 miles @ Threshold pace + 1 mile easy + 3 miles @ threshold pace + 4 miles easy

<sup>H</sup>2 miles easy + 4 miles @ threshold pace + 2 miles easy

<sup>I</sup>1 mile warm-up + 5x(1 mile @ VO2max pace with 3 minute rests) + 1 mile cool down

<sup>J</sup>2 miles easy + 3 miles @ threshold pace + 1 mile easy + 3 miles @ threshold pace + 1 mile easy + 3 miles @ threshold pace + 1 mile easy

<sup>K</sup>1 mile easy + 6 miles @ threshold pace + 1 mile easy

<sup>L</sup>2 miles easy + 3 x (3 miles @ threshold pace with 3 minute rests) + 1 mile easy

<sup>M</sup>2 miles easy + 4x(1.5 miles @ threshold pace with 2 min rests) + 7 miles easy

<sup>N</sup>12 miles easy + 6 miles at high aerobic pace

<sup>O</sup>2 miles easy + 4 x (1200 m @ threshold pace with 2 minutes rest) + 1 mile easy

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