

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week #1	3	6 ^A	3	Off	3	6	Off	21
Week #2	4	6 ^B	3	Off	3	6	Off	22
Week #3	4	6 ^A	3	Off	3	8	Off	24
Week #4	4	6 ^B	4	Off	4	8	Off	26
Week #5	5	6 ^A	5	Off	4	8	Off	28
Week #6	5	6 ^B	5	Off	4	10	Off	30
Week #7	6	6 ^C	5	Off	5	10	Off	32
Week #8	6	8 ^D	5	Off	4	10	Off	33
Week #9	6	6 ^E	5	3	4	10	Off	34
Week #10	6	8 ^D	6	Off	4	12	Off	36
Week #11	6	8 ^F	6	Off	6	12	Off	38
Week #12	8	8 ^G	6	Off	4	14	Off	40
Week #13	8	8 ^F	8	Off	6	12 ^H	Off	42
Week #14	6	10 ^I	6	Off	8	15	Off	45
Week #15	6	10 ^J	6	Off	6	14 ^K	Off	42
Week #16	6	10 ^I	6	Off	8	15	Off	45
Week #17	6	6 ^E	6	Off	6	8	Off	32
Week #18	6	Off	4	3	Off	3	13.1 Race	26.1



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- ^A1 mile warm up + 4 x (1200 m @ VO2max pace + 400 m recovery jogs) + 1 mile cool down
- ^B1 mile warm up + 4 x (1 mile @ Threshold pace + 2 min rests) + 1 mile cool down
- ^C1 mile warm up + 2 x (2 miles @ threshold pace + 3 min rests) + 1 mile cool down
- ^D1 mile warm up + 3 x (2 miles @ threshold pace + 3 min rests) + 1 mile cool down
- ^E2 miles easy + 3 miles @ threshold pace + 1 mile easy
- ^F2 miles easy + 4 miles @ threshold pace + 2 miles easy
- ^G1 mile easy + 6 miles @ high aerobic pace + 1 mile easy
- ^H2 miles easy + 3 miles @ high aerobic pace + 2 miles easy + 3 miles @ high aerobic pace + 2 miles easy
- ^I2 miles easy + 3 miles @ threshold pace + 1 mile easy + 3 miles @ threshold pace + 1 mile easy
- ^J1 mile easy + 8 miles @ high aerobic pace + 1 mile east
- ^K6 miles easy + 8 miles @ high aerobic pace