

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week #1	6+4	8 ^A +4	6+4	8+4	6	10	6	66
Week #2	6+4	8 ^B +4	8+4	8+4	6	15	3	70
Week #3	6+4	8 ^A +4	8+4	8+4	6	10 ^C	Off	62
Week #4	8+4	8 ^B +4	10+4	8+4	8	16	6	80
Week #5	8+4	12 ^D + 4	8+4	8 ^E + 4	8	16	4	80
Week #6	6+4	8 ^B	6+4	8 ^F	8	18	Off	62
Week #7	10+4	10 ^G + 4	8+4	8+4	8	20	8	88
Week #8	10+4	12 ^H + 4	8+4	8+4	8	20	Off	80
Week #9	8+4	10 ^I	6	6+4	8	18 ^J	Off	64
Week #10	10+4	12 ^K	8+4	10+4	8	22	6	88
Week #11	10+4	15 ^L	6+4	8+4	6	22	Off	79
Week #12	8+4	10 ^G	8	6	6	20 ^M	Off	62
Week #13	8	16 ^N	8+4	8+4	8+4	24	4	88
Week #14	8	14 ^O	8	8+4	6	22	Off	70
Week #15	6	14 ^P	6	8	8	20 ^M	Off	62
Week #16	6	14 ^O	6	8	8	20 ^M	Off	62
Week #17	6	12 ^Q	6	8	8	12	Off	52
Week #18	10	8 ^R	6	3	Off	3	Race(26.2)	56.2



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- ^A1 mile warm-up + 12 x (400 m Economy pace + 400 m recovery jog) + 1 mile cool down
- ^B1 mile warm-up + 5x(1200 m VO2max pace + 400 m jogs) + 2 miles cool down
- ^C2 miles warm-up + 2 miles threshold pace + 6 miles easy
- ^D2 miles warm-up + 2 x (2 miles threshold pace) + 6 miles easy
- ^E1 mile warm-up + 6 x (1200 m VO2max pace + 400 m jog) + 1 mile cool down
- ^F1 mile warm-up + 8 x (1200 m threshold pace + 1 min rest) + 1 mile cool down
- ^G1 mile warm-up + 4 x (2 miles threshold pace + 2 min rest) + 1 mile cool down
- ^H2 miles warm-up + 4 x (1200 m threshold pace + 1 min rest) + 7 miles easy
- ^I2 miles warm-up + 2 x (3 miles threshold pace + 3 min rest) + 2 miles cool down
- ^J12 miles easy + 6 miles high aerobic pace
- ^K2 miles easy + 2 x (3 miles threshold pace + 1 mile easy) + 2 miles easy
- ^L2 miles warm-up + 4 x (1.5 miles threshold pace + 2 min rest) + 7 miles easy
- ^M10 miles easy + 2 miles threshold pace + 2 miles easy + 6 miles high aerobic pace
- ^N2 x (4 miles easy + 3 miles threshold pace) + 2 miles easy
- ^O6 miles easy + 6 x (1 mile threshold pace + 1 min rest) + 2 miles easy
- ^P1 mile easy + 4 x (2 miles threshold pace + 1 mile easy) + 1 mile easy
- ^Q2 miles easy+4 miles high aerobic pace+2miles easy+2 miles threshold pace + 2 miles easy
- ^R2 miles easy + 4 x (1200 m threshold pace + 400 m jog)+2 miles easy

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