

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week #1	4	6 ^A	4	6	4	8	Off	32
Week #2	4	6 ^A	4	4	4	10	Off	32
Week #3	4	6 ^A	Off	6	4	8	Off	28
Week #4	4	6 ^B	6	6	4	10	Off	36
Week #5	4	6 ^B	4	6	4	12	Off	36
Week #6	4	6 ^B	Off	4	4	10	Off	28
Week #7	4	8 ^C	4	6	4	14	Off	40
Week #8	4	8 ^C	4	4	4	12 ^D	Off	36
Week #9	4	8 ^C	Off	6	4	14	Off	36
Week #10	4	8 ^E	4	4	4	16	Off	40
Week #11	4	8 ^E	Off	4	4	16	Off	36
Week #12	3	6 ^B	Off	6	3	18	Off	36
Week #13	4	6 ^F	Off	6	4	20	Off	40
Week #14	4	6 ^F	Off	6	4	20	Off	40
Week #15	4	6 ^F	Off	3	3	18	Off	34
Week #16	4	4	Off	3	3	14 ^G	Off	28
Week #17	4	3	Off	4	3	10	Off	24
Week #18	3	6	Off	3	Off	3	Race (26.2)	41.2



© 2012 Digital Running Club
www.digitalrunning.com

^A2 miles easy + 4 x (400 m economy pace + 400 m jogging recovery) + 2 miles easy

^B2 miles easy + 4 x (800 m VO2max pace + 1 min rest) + 2 miles easy

^C2 miles easy + 4 x (1 mile threshold pace + 3 min rest) + 2 miles easy

^D9 miles easy + 3 miles high aerobic pace

^E2 miles easy + 2 x (2 miles threshold pace + 3 min rest) + 2 miles easy

^F2 miles easy + 3 miles threshold pace + 1 mile easy

^G10 miles easy + 4 miles high aerobic pace

© 2012 Digital Running Club

www.digitalrunning.com