

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week #1	6	6 <sup>A</sup>	6	6+4	6	10	4	48
Week #2	6+4	5 <sup>B</sup>	6	6+3	6	12	Off	48
Week #3	6	6 <sup>A</sup>	6	6+4	4	10 <sup>C</sup>	Off	42
Week #4	6+3	5 <sup>B</sup>	6	6+3	8	14	3	54
Week #5	8	8 <sup>D</sup>	6	6 <sup>E</sup>	8	15	3	54
Week #6	6	5 <sup>B</sup>	6	5 <sup>F</sup>	6	14	Off	42
Week #7	6	8 <sup>G</sup>	6	6+4	8	16	6	60
Week #8	6	8 <sup>H</sup>	6	6+4	6	18	Off	54
Week #9	6	7 <sup>I</sup>	6	6+4	3	16 <sup>J</sup>	Off	48
Week #10	6	8 <sup>K</sup>	6	8	6	20	6	60
Week #11	6	10 <sup>L</sup>	6	6+4	4	18	Off	54
Week #12	6	8 <sup>G</sup>	3	8	3	14 <sup>M</sup>	Off	42
Week #13	6	10 <sup>N</sup>	6	6+3	6	20	3	60
Week #14	6	10 <sup>O</sup>	4	6	4	20	4	54
Week #15	4	10 <sup>P</sup>	4	6	4	14 <sup>M</sup>	Off	42
Week #16	4	10 <sup>O</sup>	4	6	4	14 <sup>M</sup>	Off	42
Week #17	4	8 <sup>Q</sup>	4	6	4	10	Off	36
Week #18	6	6 <sup>R</sup>	Off	3	Off	3	Race(26.2)	44.2



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- <sup>A</sup>1 mile warm-up + 8 x (400 m Economy pace + 400 m recovery jog) + 1 mile cool down
- <sup>B</sup>1 mile warm-up + 4 x (1200 m VO2max pace + 3 min rest) + 1 mile cool down
- <sup>C</sup>2 miles warm-up + 2 miles threshold pace + 6 miles easy
- <sup>D</sup>2 miles warm-up + 2 x (2 miles threshold pace + 2 min rest) + 2 miles cool down
- <sup>E</sup>1 mile warm-up + 4 x (1200 m VO2max pace + 400 m jog) + 1 mile cool down
- <sup>F</sup>1 mile warm-up + 4 x (1200 m threshold pace + 1 min rest) + 1 mile cool down
- <sup>G</sup>1 mile warm-up + 3 x (2 miles threshold pace + 2 min rest) + 1 mile cool down
- <sup>H</sup>2 miles warm-up + 4 x (1200 m threshold pace + 1 min rest) + 3 miles easy
- <sup>I</sup>2 miles warm-up + 3 miles threshold pace + 2 miles cool down
- <sup>J</sup>12 miles easy + 4 miles high aerobic pace
- <sup>K</sup>1 mile easy + 2 x (3 miles threshold pace + 3 min rest) + 1 mile easy
- <sup>L</sup>2 miles warm-up + 4 x (1.5 miles threshold pace + 2 min rest) + 2 miles cool down
- <sup>M</sup>8 miles easy + 3 miles threshold pace + 1 mile easy + 2 miles high aerobic pace
- <sup>N</sup>3 x (2 miles easy + 1 mile threshold pace) + 1 mile easy
- <sup>O</sup>4 miles easy + 4 x (1 mile threshold pace + 1 min rest) + 2 miles easy
- <sup>P</sup>2 mile easy + 2 x (2 miles threshold pace + 1 mile easy) + 2 miles easy
- <sup>Q</sup>1 mile easy+3 miles high aerobic pace+1mile easy+2 miles threshold pace + 1 mile easy
- <sup>R</sup>2 mile easy + 2 x (1 mile threshold pace + 3 min rest) +2 mile easy

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