

week	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	totals
<b>1</b>	5x800 @ 10K pace, recover ½ time of interval.  <i>6x800 @ ½ marathon pace, recover ¼ interval time.</i>	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (moderate) 4 miles, 1 mile warm up and cool down.	Easy 30-40 minutes.	Long run 8 miles  <i>Long run 10 miles</i>	XT or easy 30-45 minutes. Try a trail run.	23-35 miles  <i>25-37 miles</i>
<b>2</b>	5x 1000 meters, 2 minutes recovery between each.  <i>5x1000 meters, 1 minute recovery between each.</i>	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (HARD) 20 minutes, plus 1 mile warm up cool down.	Cross Train (XT) or 30-45 minutes easy run.	Race Sim- 9 miles (6 easy 3 race pace plus 20-30 seconds)	Easy 30-40 minutes.	22-35 miles  <i>22-35 miles</i>
<b>3</b>	7x800 meters, recover half interval time.  8x800 meters recover ¼ interval time.	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (moderate) 5 miles plus 1 mile warm up, cool down.	Easy 30-45 minutes.	Long Run 10 miles  <i>Long Run 12 miles</i>	XT or easy 30-45 minutes. Try a trail run.	27-39 miles  <i>29-41 miles</i>
<b>4</b>	2 miles 10K pace, 2 x 1mile 5K pace, 2x800 slightly faster than 5K, recover 5 min after 2 mile, 3 min after mile and 800.  <i>2 miles at half marathon, 2x 1mile 10K pace, 2x800 5K pace recover 3 min after 2, 2 min after miles and 800s</i>	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (hard) 25 minutes, plus mile warm and cool.	Cross Train (XT) or 30-45 minutes easy run.	Race Sim- 10 miles ,6 easy/4 goal race pace plus 20-30 seconds.	Easy 30-40 minutes.	25-39 miles  <i>25-39 miles</i>
<b>5</b>	6x1000 meters, recovery half of interval time  <i>7x1000 meters; recovery is ¼ of interval time.</i>	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (moderate) 6 miles plus 1 mile warm up and cool down.	Easy 30-40 minutes.	Long Run 12 miles  <i>Long Run 14 miles</i>	XT or easy 30-45 minutes. Try a trail run.	30-42 miles  <i>33-45 miles</i>
<b>6</b>	SAME AS WEEK 4.	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (hard) 25 minutes, plus mile warm and cool.	Cross Train (XT) or 30-45 minutes easy run.	Race Sim- 11 miles, 6 easy/5 goal pace + 20-30 seconds.	Easy 30-40 minutes.	27-41 miles  <i>27-41 miles</i>
<b>7</b>	5x1200 meters, recover half interval time  <i>6x1200 meters, recover ¼ interval time.</i>	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (moderate) 6 miles plus 1 mile warm up and cool down.	Easy 30-40 minutes.	Long Run 14 miles  <i>Long Run 18 miles</i>	XT or easy 30-45 minutes. Try a trail run.	32-44 miles  <i>27-43 miles</i>
<b>8</b>	5x1000 at 5K pace, recover half interval time.  <i>6x1000 at 10K pace; recover ¼ interval time.</i>	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (hard) 35 minutes, plus mile warm and cool.	Cross Train (XT) or 30-45 minutes easy run.	Race Sim 12 miles, 6 easy 6 goal pace plus 20-30 seconds.	Easy 30-40 minutes.	27-41 miles  <i>27-41 miles</i>
<b>9</b>	5x800 at 5K pace, 3 minute recovery  6x800 at 10K pace recover for ¼ interval time	Cross Train (XT) or 30-45 minutes easy run.	Tempo Run (moderate) 6 miles plus 1 mile warm up and cool down.	Easy 30-45 minutes.	Long Run 10 miles  <i>Long run 10 miles</i>	XT or easy 30-45 minutes. Try a trail run.	27-39 miles  <i>27-39 miles</i>
<b>10</b>	Tempo Run: one mile warm up, 20 minutes half marathon pace plus 10-15 seconds recover 4 strides and 1 mile cool down.	Cross Train (XT) or 30-45 minutes easy run.	Intervals- 6x400 between 5k & 10K pace; recovery equals interval times.	Easy 30 minutes.	OFF	<b>RACE!!</b>	

