


	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	29	30	1	2	3	4	5
	SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/DETAILS		15min warm-up (easy) 40min steady state 10min cooldown (easy)	Strength 2 Week 1 Day 1 (2x12)	3mi easy run 4x strides	4mi easy warm-up 4mi @ 15sec faster than goal race pace 2mi easy cooldown	FULL REST DAY
WEEK 2	6	7	8	9	10	11	12
	5mi easy run 4x strides	Strength 2 Week 2 Day 2 (3x8)	15min warm-up (easy) 2x2mi @ goal pace, 0.5mi recovery jog 10min cooldown (easy)	Strength 2 Week 2 Day 1 (3x8)	3mi easy run 4x strides	6mi easy warm-up 5mi progression with the last mile at goal race pace 1mi easy cooldown	FULL REST DAY
WEEK 3	13	14	15	16	17	18	19
	15min warm-up (easy) 6x strides 5x1mi @ slightly faster than goal race pace w/ 1min walking recovery 10min cooldown (easy) TAPER WEEK	Strength 2 Week 3 Day 1 (3x8)	15min warm-up (easy) 10x1min on/1min off 10min cooldown (easy)	Strength 2 Week 3 Day 2 (3x8)	3mi easy run 4x strides	6 mile easy effort long run	FULL REST DAY
WEEK 4	20	21	22	23	24	25	26
	15-20min warm-up (easy) 6x strides 4x800m @ goal race pace w/ 1min walking recovery in between 10min cooldown (easy) RACE WEEK!!!	Strength 2 Week 1 Day 4 (2x12)	30min easy run	Mobility	2mi easy shakeout 6x strides		FULL REST DAY
WEEK 5	27	28	29	30	31	1	2
	FULL REST DAY CUTBACK WEEK	FULL REST DAY	FULL REST DAY	FULL REST DAY	FULL REST DAY		