

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	26	27	28	29	30	31	1 FULL REST DAY
WEEK 2	TAPER WEEK 2 10min warm-up (easy) 6x strides 4x1mi @ slightly faster than goal race pace w/ 1min walking recovery 5min cooldown (easy)	3 Strength 2 Week 3 Day 1 (3x8)	4 10min warm-up (easy) 6x1min on/1min off 10min cooldown (easy)	5 Strength 2 Week 3 Day 2 (3x8)	6 20min easy run 4x strides	7 60min easy effort long run	8 FULL REST DAY
WEEK 3	RACE WEEK 9 10min warm-up 6x strides 3x800m @ goal race pace w/ 1min walking recovery in between 5min cooldown (easy)	10 Strength 2 Week 3 Day 4 (3x8)	11 20min easy run	12 Mobility & Core	13 1mi easy shakeout 6x strides	14 	15 FULL REST DAY
WEEK 4	16 FULL REST DAY	17 Mobility	18 30min easy run	19 Strength 2 Week 4 Day 4 (2x12)	20 20min easy run 4x strides	21 50min easy effort long run	22 FULL REST DAY
WEEK 5	23 35min easy run 4x strides	24 Strength 2 Week 4 Day 2 (2x12)	25 20min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	26 Strength 2 Week 4 Day 1 (2x12)	27 20min easy run 4x strides	28 75min easy effort long run	29 FULL REST DAY
WEEK 6	30 40min easy run 4x strides	1	2	3	4	5	6

SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS