

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	28	29	30	31	1	2	3
		<b>SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/DETAILS</b>			FULL REST DAY	FULL REST DAY	FULL REST DAY <small>Watch the New York City Marathon!</small>
<b>WEEK 2</b>	4	5	6	7	8	9	10
	30min easy run	Strength 2 Week 4 Day 2 (2x12)	45min easy run	Strength 2 Week 4 Day 1 (2x12)	2mi easy run 4x strides	6mi easy long run	FULL REST DAY
<b>WEEK 3</b>	11	12	13	14	15	16	17
	30min easy run	Strength 2 Week 1 Day 2 (2x12)	15min warm-up (easy) 4x strides 8x400m @ goal 5K pace w/ 200m walking recovery 10min cooldown (easy)	Strength 2 Week 1 Day 1 (2x12)	3mi easy run 4x strides	7mi easy long run	FULL REST DAY
<b>WEEK 4</b>	18	19	20	21	22	23	24
	4mi easy run 4x strides	Strength 2 Week 2 Day 2 (3x8)	15min warm-up (easy) 4x strides 6x200m @ goal 5K pace w/ 200m walking recovery 10min cooldown (easy)	Strength 2 Week 2 Day 1 (3x8)	2mi easy run 4x strides	8mi easy long run	FULL REST DAY
<b>WEEK 5</b>	25	26	27	28	29	30	1
	15min warm-up (easy) 10x1min on/1min off 10min cooldown (easy)  <b>RACE WEEK</b>	Mobility	2mi easy shakeout run 6x strides		FULL REST DAY	30-45min easy run	