

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	Rest	30-45min cross training or easy run	1-2 mi warm up, 2mi tempo (comfortably hard), 1-2 mi cool down	3-4 mi easy run	30-45 min cross train (active recovery)	2-3 mi easy run	6 mi easy long run
<b>Week 2</b>	Rest	30 min cross train	1-2 mi wu, 60-90 seconds uphill (hard but not sprint, jog down) x 5, 1-2 mi cool down	4 mi easy run	30-45min cross train	3-4 mi easy run	7 mi easy long run
<b>Week 3</b>	Rest	30-45 min cross train	1-2 mi warm up, 4mi tempo (about goal race pace), 1 mi cool down	5 mi easy run	30-45min cross train	3-4 mi easy run	8 mi easy long run
<b>Week 4</b>	Rest	30-45 min cross train	1-2 mi wu, 60-90 seconds uphill (hard but not sprint, jog down) x 6, 1-2 mi cool down	6 mi easy run	30-45min cross train	3-4 mi easy run	9 mi easy long run
<b>Week 5</b>	Rest	30-45 min cross train	Progression run: 1 mi easy, 4 mi with each mi getting about 10-15 seconds faster, 1 mi easy cool down	5 mi easy run	30-45min cross train	3-4 mi easy run	10 mi easy long run
<b>Week 6</b>	Rest	30-45 min cross train	1-2 mi wu, 60-90 seconds uphill (hard but not sprint, jog down) x 7, 1-2 mi cool down	6 mi easy run	30-45min cross train	3-4 mi easy run	12 mi easy long run
<b>Week 7</b>	Rest	30-45min cross training or easy run	1-2 mi warm up, 4mi tempo (comfortably hard, goal race pace), 1-2 mi cool down	4-6 mi easy run	30-45 min cross train (active recovery)	4 mi easy run	9 mi easy long run
<b>Week 8</b>	Rest	30-45min cross training or easy run	1-2 mi warm up, 2mi tempo (comfortably hard, goal race pace), 1-2 mi cool down	3-4 mi easy run	off or 30 min cross train (active recovery)	2-3 mi easy run	Race Day!!! Have a great one!