

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	Run 3 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 3 Miles	Strength Train	Run 2 Miles	Active Recovery	Off/Rest
2	Run 4 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Run 3 Miles; Strength Train	Active Recovery	Run 3 Miles; Strength Train	Active Recovery	Off/Rest
3	Run 5 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Active Recovery	Run 3 Miles; Strength Train	Active Recovery	Off/Rest
4	Run 4 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Strength Train	Run 4 Miles; Strength Train	Active Recovery	Off/Rest
5	Run 4 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 3 Miles; Strength Train	Active Recovery	Run 3 Miles; 1 Mile Easy; 4 x 200 RPE 8.5 w/ 200 recovery per repeat; 1 Mile Cooldown	Run 3 Miles; Dynamic Stretching	Off/Rest
6	Run 5 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Active Recovery	Run 3 Miles; 1 Mile Easy; 4 x 200 RPE 8.5 w 200 recovery; 1 Mile Cooldown	Run 5 Miles; Dynamic Stretching	Off/Rest
7	Run 5 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Run 3.5 Miles; 1 Mile Easy; 6 x 200 RPE 8.5 w 200 Recovery; 1 Mile Cooldown	Run 5 Miles	Run 4 Miles; 1 Mile at RPE 8; Dynamic Stretching	Off/Rest
8	Run 5 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 5 Miles	Run 4 Miles; 1 Mile Easy; 4 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	Run 4 Miles	Run 4 Miles; 1.5 Miles at RPE 8; Dynamic Stretching	Off/Rest
9	Run 5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Run 5 Miles	Run 4.5 Miles; 1 Mile Easy; 5 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	Run 5 Miles Easy	Run 5 Miles; 2 Miles at RPE 8; Dynamic Stretching	Off/Rest
10	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Run 5 Miles	Active Recovery; Strength Train	Run 5 Miles; 1 Mile Easy; 6 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	Run 5 Miles Easy; Dynamic Stretching	Off/Rest
11	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Run 5 Miles	Run 6 Miles; 1 Mile Easy; 8 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	5 Mile Run	Run 5 Miles; Dynamic Stretching	Off/Rest
12	Run 5 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Run 6 Miles; 1 Mile Easy; 8 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	Run 5 Miles	Run 4 Miles; Run 2 Miles at RPE 8; Dy- namic Stretching	Off/Rest
13	Run 4 Miles	Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Dynamic Stretching	Run 3.5 Miles; 1 Mile Easy; 6 x 200 RPE 8.5 w 200 Recovery; 1 Mile Cooldown	Run 3 Miles	Run 20 Minutes for Fun; Dynamic Stretching	Off/Rest