

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	4 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	4 Mile Run	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy; Strength Train	Off/Rest
2	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	4 Mile Run	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	Off/Rest
3	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	4 Mile Run	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	Off/Rest
4	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	5 Mile Run	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	Off/Rest
5	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	5 Mile Run	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	Off/Rest
6	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	6 Mile Run	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	Off/Rest
7	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	6.5 Mile Run	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
8	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Training or Walk	3.75 Mile Speed 1 Mile Easy; 3 x 200 RPE 8.5 w/ 200 recovery per repeat; 2 Mile Cooldown	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1 Mile at RPE 8; Strength Train	Off/Rest
9	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	3 Mile Speed 1 Mile Easy; 4 x 200 RPE 8.5 w/ 200 Recovery per repeat; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles; 1 Mile at RPE 8; Strength Train	Off/Rest
10	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy; Strength Train	3.5 Mile Speed 1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1 Mile @ RPE 8 Strength Train	Off/Rest
11	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	3.5 Mile Speed 1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles; 1 Mile @ RPE 8 Strength Train	Off/Rest
12	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	3.5 Mile Speed 1 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles @ RPE 8; Strength Train	Off/Rest
13	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy; Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles; 1 Mile @ RPE 8; Strength Train	Off/Rest
14	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	5 Mile Speed 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles @ RPE 8; Strength Train	Off/Rest
15	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	5 Mile Speed 1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles @ RPE 8; Strength Train	Off/Rest
16	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	6 Mile Speed 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles; 2 Miles @ RPE 8; Strength Train	Off/Rest
17	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles @ RPE 8; Strength Train	Off/Rest
18	11 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Mile Run; Strength Train	10 Mile Speed 1 Mile Warm Up; 4 x 800 Mile RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 2 Miles @ RPE 8; Strength Train	Off/Rest
19	11.5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	6 Mile Speed 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles; 2 Miles @ RPE 8; Strength Train	Off/Rest
20	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles @ RPE 8; Strength Train	Off/Rest
21	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	3.25 Mile Speed 1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy	Off/Rest