

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run Easy; Strength Training	4 Mile Run; Three 1 Min. Pushes during this run.	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength TR	Off/Rest
2	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run Easy; Strength Training	4 Mile Run; Three 1 minute pushes during this run	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength TR	Off/Rest
3	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run Easy; Strength Training	4 Mile Run; Three 1 minute pushes during this run	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength TR	Off/Rest
4	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run Easy; Strength Training	3 Mile Run; One 1 Minute Push through each mile	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength TR	Off/Rest
5	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Training	4 Mile Run; One 1 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength TR	Off/Rest
6	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy	5 Mile Run; One 1 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy	Off/Rest
7	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy	6 Mile Run; One 1 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	7 Miles Easy	Off/Rest
8	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	4 Miles Speed, 1 Mile Easy; 4 x 400 RPE of 8.5 w/ 400 Recovery per repeat; 1.5 Miles Cool Down	6 Mile Run Easy	4 Mile Run; 1 Mile at 8 RPE; Strength TR	Off/Rest
9	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	3.5 Mile Speed, 1 Mile Easy; 6 x 200 RPE 8.5 w/ 200 Recovery per repeat; 1 Miles Cool Down	4 Mile Run Easy	3 Miles; 1 Mile at 8 RPE; Strength TR	Off/Rest
10	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	4.5 Mile Speed, 1 Mile Warm Up; 5 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	6 Mile Easy Run	4 Miles; 1.5 Miles at 8 RPE; Strength TR	Off/Rest
11	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	5 Miles Speed, 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	6 Miles Easy	5 Miles; 2 Miles at RPE 8; Strength TR	Off/Rest
12	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Easy; Strength Train	5.5 Mile Speed 1 Mile Warm Up; 7 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	6 Miles Easy	5 Miles Easy; 2 Miles at RPE 8; Strength TR	Off/Rest
13	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	5 Miles Easy	5 Miles; 2 Miles at RPE of 8; Strength TR	Off/Rest
14	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Training	5 Mile Speed, 1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	6 Miles Easy	5 Miles Easy; 2 Miles at RPE 8; Strength TR	Off/Rest
15	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Training	6 Mile Speed 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	5 Miles Easy	6 Miles; 2 x 1.5 Miles at RPE of 8; Strength TR	Off/Rest
16	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Training	1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	7 Miles Easy	5 Miles Easy; 2 x 1.5 Miles at RPE 8; Strength TR	Off/Rest
17	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Training	8 Mile Speed, 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Miles Cool Down	6 Miles Easy	5 Miles; 2 x 1.5 Miles at RPE of 8; Strength TR	Off/Rest
18	11 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	8 Mile Speed, 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Miles Cool Down	7 Miles Easy	7 Miles; 2 x 2 Miles at RPE of 8; Strength TR	Off/Rest
19	12 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	8 Mile Speed 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Miles Cool Down	7 Miles Easy	6 Miles; 2 x 1 Mile RPE 8; Strength TR	Off/Rest
20	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Training	5 Mile Speed 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	5 Miles Easy	5 Miles; 1.5 Mile RPE 8; Strength TR	Off/Rest
21	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Training	3.5 Mile Speed, 1 Mile Warm Up; 3 x 400 RPE 8 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles; 1 Mile RPE 8; Strength TR	Off/Rest