

| WEEK | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|------------|--|---------------------------------|---|--|---|----------|
| 1 | 6 Miles E | Active Recovery; Walk or Play for 30 Minutes | 4 Miles E; Strength Train | 3.5 Mile Speed: 1 Mile E; 6 x 200 RPE 8.5 w/ 200 Recov- ery/Repeat; 1 Mile Cool Down | 4 Miles E | 3 Miles: 1 Mile at 8 RPE; Strength Train | Off/Rest |
| 2 | 8 Miles E | Active Recovery; Walk or Play for 30 Minutes | 5 Miles E; Strength Train | 4.5 Mile Speed: 1 Mile Warm Up; 5 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down | 6 Miles E | 4 Miles: 1.5 Miles at RPE 8; Strength Train | Off/Rest |
| 3 | 9 Miles E | Active Recovery; Walk or Play for 30 Minutes | 5 Miles E; Strength Train | 5 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down | 6 Miles E | 5 Miles: 2 Miles at RPE 8; Strength Train | Off/Rest |
| 4 | 10 Miles E | Active Recovery; Walk or Play for 30 Minutes | 5 Miles E; Strength Train | 5.5 Miles Speed: 1 Mile Warm Up; 7 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down | 6 Miles E | 5 Miles E: 2 Miles at RPE 8; Strength Train | Off/Rest |
| 5 | 8 Miles E | Active Recovery; Walk or Play for 30 Minutes | 4 Miles E; Strength Train | 4 Miles Speed: 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down | 5 Miles E | 5 Miles: 2 Miles at RPE 8; Strength Train | Off/Rest |
| 6 | 9 Miles E | Active Recovery; Walk or Play for 30 Minutes | 5 Miles E; Strength Train | 5 Miles Speed: 1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down | 6 Miles E | 5 Miles E; 2 Miles at RPE 8; Strength Train | Off/Rest |
| 7 | 10 Miles E | Active Recovery; Walk or Play for 30 Minutes | 6 Miles E; Strength Train | 6 Miles Speed: 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down | 6 Miles E | 6 Miles; 2 x 1.5 Miles at RPE of 8; Strength Train | Off/Rest |
| 8 | 11 Miles | Active Recovery; Walk or Play for 30 Minutes | 6 Miles E; Strength Train | 8 Mile Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Miles Cool Down | 7 Miles E | 5 Miles E; 2 x 1.5 Miles at RPE 8 Strength Train | Off/Rest |
| 9 | 9 Miles E | Active Recovery; Walk or Play for 30 Minutes | 6 Mile Run; Strength Train | 6 Miles Speed: 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down | 6 Miles E | 5 Miles : 2 x 1.5 Miles at RPE 8; Strength Train | Off/Rest |
| 10 | 12 Miles E | Active Recovery; Walk or Play for 30 Minutes | 5.75 Miles E; Strength Train | 5.75 Miles Speed: 1 Mile Warm Up; 3 x 1200 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down | 7 Miles E | 7 Miles: 2 x 2 Miles at RPE 8; Strength Train | Off/Rest |
| 11 | 13 Miles E | Active Recovery; Walk or Play for 30 Minutes | 8 Miles E; Strength Train | 8 Miles Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Mile Cool Down | 7 Miles E | 6 Miles: 2 x 1 Mile at RPE 8; Strength Train | Off/Rest |
| 12 | 10 Miles E | Active Recovery; Walk or Play for 30 Minutes | 5 Miles E; Strength Train | 5 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down | 5 Miles E | 5 Miles: 1.5 Miles at RPE 8; Strength Train | Off/Rest |
| 13 | 8 Miles E | Active Recovery; Walk or Play for 30 Minutes | 3.5 Miles E; Strength Train | 3.5 Miles Speed: 1 Mile Warm Up; 3 x 400 RPE 8 w/ 400 Recovery; 1 Mile Cool Down | Active Recovery; Walk or Play for 30 Minutes | 4 Miles: 1 Mile RPE 8; Strength Train | Off/Rest |