

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run Easy; Strength Train	4 Mile Run; Three 3 Minute sprints during this run	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	Off/ Rest
2	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run Easy; Strength Train	5 Mile Run; One 30 Second push per mile	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	Off/ Rest
3	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run Easy; Strength Train	6 Mile Run; One 30 second push during each mile	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	Off/ Rest
4	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run Easy; Strength Train	6 Mile Run; One 1 Minute Push through each mile	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train	Off/ Rest
5	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run Easy; Strength Train	6 Mile Run; One 2 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	Off/ Rest
6	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	7 Mile Run; One 2 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/ Rest
7	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	8 Mile Run; One 2 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	7 Miles Easy; Strength Train	Off/ Rest
8	11 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run; Strength Train	6 Miles Speed 1 Mile Easy; 6 x 400 RPE of 8.5 w/ 400 Recovery per repeat; 2 Miles Cool Down	7 Mile Run Easy	5 Mile Run; 1 Mile Difficult at 8 RPE; Strength Train	Off/ Rest
9	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run; Strength Train	6.5 Mile Speed 1 Mile Easy; 7x400 RPE 8.5 w/ 400 Recovery per repeat; 2 Miles Cool Down	7 Mile Run Easy	4 Miles; 1.5 Miles Difficult at 8 RPE; Strength Train	Off/ Rest
10	12 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run; Strength Train	8 Mile Speed 1 Mile Warm Up; 5 x 800 RPE 8.5 w/ 800 Recovery; 2 Miles Cool Down	8 Mile Easy Run	4 Miles; 1.5 Miles Difficult at 8 RPE; Strength Train	Off/ Rest
11	13 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run; Strength Train	8 Mile Speed 1 Mile Warm Up; 5 x 800 RPE 8.5 w/ 800 Recovery; 2 Miles Cool Down	9 Miles Easy	5 Miles; 1.5 Miles Difficult at 8 RPE; Strength Train	Off/ Rest
12	14 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	7.75 Mile Speed 2 Mile Warm Up; 3 x 1200 RPE 8.5 w/ 800 Recovery; 2 Miles Cool Down	10 Miles Easy	6 Miles Easy; 2 Miles Difficult at RPE 8; Strength Train	Off/ Rest
13	11 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	9 Mile Speed 2 Mile Warm Up; 5 x 800 RPE 8.5 w/ 800 Recovery; 2 Miles Cool Down	6 Miles Easy	6 Miles; 2 Miles at RPE of 8; Strength Train	Off/ Rest
14	16 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Mile Run; Strength Train	8 Mile Speed, 1 Mile Warm Up; 4 x 1200 RPE 8.5 w/ 800 Recovery; 2 Miles Cool Dow	9 Miles Easy	6 Miles Easy; 2 Miles at RPE 8; Strength Train	Off/ Rest
15	18 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	7 Mile Run; Strength Train	9 Mile Speed 1 Mile Warm Up; 6 x 800 RPE 8.5 w/ 800 Recovery; 2 Miles Cool Down	10 Miles Easy	6 Miles; 2 x 1.5 Miles at RPE of 8; Strength Train	Off/ Rest
16	20 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	9 Mile Run; Strength Train	10 Mile Speed, 1 Mile Warm Up; 7 x 800 RPE 8.5 w/ 800 Recovery; 2 Miles Cool Down	9 Miles Easy	5 Miles Easy; 2 x 1.5 Miles at RPE 8; Strength Train	Off/ Rest
17	14 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Mile Run; Strength Train	8 Mile Speed, 1 Mile Warm Up; 3 x 1 Mile RPE 8.5 w/ 1 Mile Recovery; 1 Miles Cool Down	9 Miles Easy	6 Miles; 2 Miles at RPE of 8; Strength Train	Off/ Rest
18	18 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	7 Mile Run; Strength Train	9 Mile Speed, 1 Mile Warm Up; 8 x 800 RPE 8.5 w/ 400 Recovery; 2 Miles Cool Down	8 Miles Easy	6 Miles ; 2 x 1.5 Miles at RPE of 8; Strength Train	Off/ Rest
19	20 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	8 Mile Run; Strength Train	8 Mile Speed, Mile Warm Up; 3 x 1 Mile RPE 8.5 w/ 1 Mile Recovery; 1 Miles Cool Down	5 Miles Easy	6 Miles 2 x 2 Miles at RPE of 8; Strength Train	Off/ Rest
20	15 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	6 Mile Run; Strength Train	7.5 Mile Speed 1 Mile Warm Up; 6 x 800 RPE 8.5 w/ 400 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy	Off/ Rest
21	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	6 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy	Off/ Rest