

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	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
2	7 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
3	8 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	4 Miles Easy; Strength Train	Off/Rest
4	6 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	4 Miles Easy; Strength Train	Off/Rest
5	9 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
6	10 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	10 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	7 Mile Run	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
8	11 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	7 Mile Run	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
9	9 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	3 Mile Run; Strength Train	6 Mile Speed, 1 Mile Easy; 4 x 400 RPE 8 w/ 400 Recovery per repeat; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy; Strength Train	Off/Rest
10	12 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	3 Mile Run; Strength Train	6 Mile Speed, 1 Mile Easy; 4 x 400 RPE 8 w/ 400 Recovery per repeat; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	Off/Rest
11	13 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Run; Strength Train	6 Mile Speed, 1 Mile Easy; 4 x 400 RPE 8 w/ 400 Recovery per repeat; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
12	14 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	7 Mile Speed, 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
13	12 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	7 Mile Speed, 1 Mile Warm Up; 4 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; 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; 5 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; 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 w/ 800 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
16	20 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	8 Mile Run; Strength Train	10 Mile Speed, 2 Mile Warm Up; 3 x 1 Mile RPE 8 w/ 1 Mile Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; 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 w/ 1 Mile Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
18	18 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	8 Mile Run; Strength Train	10 Mile Speed, 2 Mile Warm Up; 3 x 1 Mile RPE 8 w/ 1 Mile Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	7 Miles Easy; Strength Train	Off/Rest
19	20 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	8 Mile Run; Strength Train	7.5 Mile Speed, 1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; 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 w/ 400 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest
21	8 or 10 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 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy; Strength Train	Off/Rest