

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b>	4.5 MILE RUN	5 X 400 5K PACE	3 MILE RUN	STRENGTH TRAIN	REST	6 MILE RUN	REST
<b>2</b>	3 MILE RUN	30 MIN TEMPO RUN	3 MILE RUN + STRENGTH	REST	4 MILE RUN	6 MILE RUN	STRETCH & STRENGTHEN
<b>3</b>	4 MILE RUN	6 X 400 5K PACE	STRENGTH TRAIN	REST/YOGA	3 MILE RUN	7 MILE RUN	STRETCH & STRENGTHEN
<b>4</b>	3.5 MILE RUN	35 MIN TEMPO RUN	3 MILE RUN + STRENGTH	REST	4 MILE RUN	8 MILE RUN	STRETCH & STRENGTHEN
<b>5</b>	3 MILE RUN	7 X 400 5K PACE	STRENGTH TRAIN	5 MILE RUN	REST	8 MILE RUN	STRETCH & STRENGTHEN
<b>6</b>	3 MILE RUN	40 MIN TEMPO RUN	2 MILE RUN + STRENGTH	REST/YOGA	3 MILE RUN	9 MILE RUN	REST
<b>7</b>	4 MILE RUN	8 X 400 5K PACE	STRENGTH TRAIN	REST	3 MILE RUN	9 MILE RUN	STRETCH & YOGA

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>8</b>	5 MILE RUN	40 MIN TEMPO RUN	3 MILES + STRENGTH	REST	CROSS TRAIN	10 MILE RUN	REST
<b>9</b>	4 MILE RUN	9 X 400 5K PACE	CROSS TRAIN	REST	3 MILE RUN	10 MILE RUN	STRETCH & STRENGTHEN
<b>10</b>	3 MILE RUN	45 MIN TEMPO RUN	STRENGTH TRAIN	YOGA	CROSS TRAIN	11 MILE RUN	REST
<b>11</b>	4.5 MILE RUN	10 X 400 5K PACE	3 MILES + STRENGTH	REST	CROSS TRAIN	12 MILE RUN	STRETCH & YOGA
<b>12</b>	3 MILE RUN	30 MIN TEMPO RUN	STRENGTH TRAIN	CROSS TRAIN	REST	8-10 MILE RUN	REST
<b>13</b>	3 MILE RUN	STRETCH & YOGA	CROSS TRAIN	4 MILE RUN	CROSS TRAIN	REST	NYC HALF MARATHON