

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	REST DAY	EASY RUN 60-75% EFFORT 45 MIN.	EASY RUN 60-75% EFFORT 60 MIN.	CROSS TRAIN (XT) 60-75% EFFORT 50 MIN.	REST DAY	EASY RUN 60-75% EFFORT 50 MIN.	LONG RUN 60-75% EFFORT 75 MIN.	280 MIN.
2	REST DAY	EASY RUN 60-75% EFFORT 50 MIN.	EASY RUN 60-75% EFFORT 70 MIN.	XT 60-75% EFFORT 55 MIN.	REST DAY	EASY RUN 60-75% EFFORT 50 MIN.	LONG RUN 60-75% EFFORT 85 MIN.	310 MIN.
3	REST DAY	EASY RUN 60-75% EFFORT 50 MIN.	<b>FARTLEK RUN: 80 min.</b> w/ 8 x 100 meter strides at various times during the run	XT 60-75% EFFORT 60 MIN.	REST DAY	EASY RUN 60-75% EFFORT 60 MIN.	LONG RUN 60-75% EFFORT 95 MIN.	345 MIN.
4	REST DAY	EASY RUN 60-75% EFFORT 45 MIN.	<b>FARTLEK RUN: 80 min.</b> 25 MIN. EASY 10 X 1 MIN. @ 75-80% EFFORT/ 10K PACE w/ 1 min. jog between ea. 36 MIN. EASY	XT 60-70% EFFORT 65 MIN.	REST DAY	EASY RUN 60-75% EFFORT 50 MIN.	<b>TEMPO RUN: 75 min.</b> 25 MIN. WARM-UP 25 MIN. @ TEMPO 80-85% EFFORT 25 MIN. EASY	315 MIN.
5	REST DAY	EASY RUN 60-70% EFFORT 45 MIN.	<b>FARTLEK RUN: 80 min.</b> 20 MIN. EASY 8 X 2 MIN. @ 80-85% EFFORT/ 10K PACE w/ 1 min. jog between ea. 37 MIN. EASY	XT 60-70% EFFORT 70 MIN.	REST DAY	EASY RUN 60-75% EFFORT 55 MIN.	LONG RUN 110 MIN.	360 MIN.
6	REST DAY	EASY RUN 60-70% EFFORT 45 MIN.	<b>FARTLEK RUN: 80 min.</b> 20 MIN. EASY 4 X 5 MIN. @ 80-85% EFFORT/10K PACE w/ 3 min. jog between ea. 31 MIN. EASY	XT 60-70% EFFORT 75 MIN.	REST DAY	EASY RUN 60-75% EFFORT 50 MIN.	LONG RUN 130 MIN.	380 MIN.
7	REST DAY	EASY RUN 60-70% EFFORT 45 MIN.	<b>FARTLEK RUN: 80 min.</b> 20 MIN. EASY 3 X 8 MIN. @ 80-85% EFFORT/ 10K PACE w/ 4 min. jog between ea. 28 MIN. EASY	XT 60-70% EFFORT 60 MIN.	REST DAY	EASY RUN 60-65% EFFORT 20 MIN.	<b>10 MILES TOTAL</b> 15 min. warm-up 5 MIN. W/ 6 X 100M STRIDES <b>10K RACE</b> ~20 min. cool down jog	300 + MIN.
8	REST DAY	EASY RUN 60-70% EFFORT 45 MIN.	<b>FARTLEK RUN: 80 min.</b> 25 MIN. EASY 6 X 3 MIN. @ 80-85% EFFORT/ 10K PACE w/ 90 sec. jog between ea. 30 MIN. EASY	XT 60-70% EFFORT 75 MIN.	REST DAY	EASY RUN 65-70% EFFORT 45 MIN.	LONG RUN 155 MIN.	400 MIN.
9	REST DAY	EASY RUN 60-70% EFFORT 45 MIN.	<b>FARTLEK RUN: 80 min.</b> 20 MIN. EASY 5 X 5 MIN. @ 80-85% EFFORT/ 10K PACE w/ 3 min. jog between ea. 23 MIN. EASY	XT 60-70% EFFORT 80 MIN.	REST DAY	EASY RUN 65-70% EFFORT 45 MIN.	LONG RUN 180 MIN.	430 MIN.
10	REST DAY	EASY RUN 60-70% EFFORT 45 MIN.	<b>TEMPO RUN: 80 min.</b> 25 MIN. WARM-UP 30 MIN. @ 80-85% EFFORT 25 MIN. EASY	XT 60-70% EFFORT 70 MIN.	REST DAY	EASY RUN 65-70% EFFORT 45 MIN.	LONG RUN 135 MIN.	375 MIN.
11	REST DAY	EASY RUN 60-70% EFFORT 45 MIN.	<b>800'S: ~90 min.</b> 15 MIN. EASY 10 X 1/2 MILE @ GOAL MARATHON PACE* w/ 2 or 3 min. jog between ea. 17 MIN. EASY	XT 60-70% EFFORT 60 MIN.	REST DAY	EASY RUN 65-70% EFFORT 40 MIN.	RUN 65 MIN.	~300 MIN.
12	REST DAY	EASY RUN 60-70% EFFORT 30 MIN.	<b>FARTLEK RUN: ~50 min.</b> 15 MIN. EASY 2 X 10 MIN. @ MARATHON RACE PACE* w/ 4 min. jog between ea. 7 MIN. EASY	XT 60-70% EFFORT 40 MIN.	REST DAY	EASY RUN 60-65% EFFORT 20 MIN.	<b>RACE DAY!</b> 15 min. warm-up Chill for 10 min. Run 5 min. w/ 2 X 1 MIN. STRIDES <b>MARATHON</b> GO OUT CONSERVATIVELY	160 MIN. + MARATHON TIME