

24.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	0:30 Easy	DAY OFF	0:35 Easy	0:30 Easy	0:30 Easy	0:42 Easy 3.00 Miles	0:30 Easy & Strength Train

23.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	0:40 Easy	DAY OFF	0:40 Easy	0:40 Easy	DAY OFF	0:56 Easy 4.00 Miles	0:35 Easy & Strength Train

22.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	0:40 Easy	DAY OFF	0:45 Easy	0:40 Easy	DAY OFF	1:10 Easy 5.00 Miles	0:35 Easy & Strength Train

21.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	0:35 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 2 X 0:03 T-Pace + 0:02 HMRP 0:10 Easy	0:40 Easy	DAY OFF	1:38 Easy 7.00 Miles	0:35 Easy & Strength Train

20.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	0:15 Easy 0:10 MRP 0:15 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 2 X 0:03 T-Pace + 0:03 HMRP 0:10 Easy	0:40 Easy	DAY OFF	1:52 Easy 8.00 Miles	0:35 Easy & Strength Train

19. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:30 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 2 X 0:02 T-Pace + 0:02 Walk 0:10 Easy	DAY OFF	DAY OFF	1:10 Easy 5.00 Miles	0:15 Easy & Strength Train

18. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:20 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 3 X 0:02:30 T-Pace + 0:02:30 HMRP 0:10 Easy	0:40 Easy	DAY OFF	2:06 Easy 9.00 Miles	0:35 Easy & Strength Train

17. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:20 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 3 X 2:30 T-Pace + 2:30 HMRP 0:10 Easy	0:42 Easy	DAY OFF	2:20 Easy 10.00 Miles	0:35 Easy & Strength Train

16. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:25 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:15 Easy 3 X 3:00 T-Pace + 2:00 HMRP 0:10 Easy	0:45 Easy	DAY OFF	2:34 Easy 11.00 Miles	0:35 Easy Strength Train

15. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:10 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:15 Easy 2 X 0:02 T-Pace + 0:02 HMRP 0:15 Easy	0:30 Easy	DAY OFF	1:14 Easy 6.00 Miles	DAY OFF & Strength Train

14. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:30 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 3 X 4:00 T-Pace + 2:00 HMRP 0:10 Easy	0:50 Easy	DAY OFF	2:48 Easy 12.00 Miles	0:40 Easy & Strength Train

13. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:30 MRP 0:05 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 3 X 5:00 T-Pace + 2:00 HMRP 0:05 Easy	0:55 Easy	DAY OFF	3:26 Easy or 14.00 Miles Easy	0:35 Easy Strength Train

12. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:15 MRP 0:15 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 3 X 6:00 T-Pace + 2:00 HMRP 0:10 Easy	1:00 Easy	DAY OFF	3:30 Easy 15.00 Miles	0:15 Easy 0:40 MRP & Strength Train

11. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:15 Easy 0:15 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 2 X 4:00 T-Pace + 2:00 HMRP 0:10 Easy	0:45 Easy	DAY OFF	1:38 Easy 7.00 Miles	DAY OFF Strength Train

10. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:20 MRP 0:15 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 3 X 0:06 T-Pace + 0:02 HMRP 0:05 Easy	1:02 Easy	DAY OFF	3:44 Easy or 16.00 Miles Easy	0:20 Easy 0:40 MRP & Strength Train

9. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:20 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 3 X 7:00 T-Pace + 2:00 HMRP 0:05 Easy	1:05 Easy	DAY OFF	3:58 Easy or 17.00 Miles Easy	0:20 Easy 0:40 MRP & Strength Train

8. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:30 MRP 0:05 Easy Non-stop	DAY OFF	<b>Critical Day</b> 0:15 Easy 3 X 0:007 T-Pace/ Off 0:02 HMRP 0:15:00 Easy Non-stop	1:00 Easy & Strength Train	DAY OFF	4:12 Easy or 18.00 Miles Easy	0:15 Easy 0:40 MRP

7. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Critical Day</b> 0:15 Easy 0:25 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 2.00 Mile TIME TRIAL 0:05 Easy	0:15 Easy 0:25 MRP 0:10 Easy	DAY OFF	2:06 Easy 9.00 Miles	0:20 Easy 0:30 MRP

6. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:30 MRP 0:10 Easy Non-stop	DAY OFF	<b>Critical Day</b> 0:15 Easy 3 X 0:07 T-Pace + 0:02 HMRP 0:15 Easy Non-stop	1:00 Easy	DAY OFF	4:12 Easy or 18.00 Miles Easy	0:20 Easy 0:40 MRP & Strength Train

5. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:10 MRP 0:10 Easy	DAY OFF	<b>Critical Day</b> 0:10 Easy 2 X 7:00 T-Pace/ Off 3:00 HMRP 0:10 Easy	0:45 Easy & Strength Train	DAY OFF	2:20 Easy or 10.00 Miles Easy	DAY OFF

4. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:20 Easy 0:30 MRP 0:10 Easy <b>Non-stop</b>	<b>DAY OFF</b>	<b>Critical Day</b> 0:15 Easy 3 X 10:00 T-Pace/ Off 3:00 HMRP 0:15 Easy	1:00 Easy	<b>DAY OFF</b>	4:40 Easy or 20.00 Miles Easy	0:15 Easy 0:45 MRP <b>&amp; Strength Train</b>

3. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Critical Day</b> 0:15 Easy 0:20 MRP 0:05 Easy  <b>Taper Begins</b>	<b>DAY OFF</b>	<b>Critical Day</b> 0:05 Easy 0:20 T-Pace 0:05 Easy	0:10 Easy 0:20 MRP 0:10 Easy	<b>DAY OFF</b>	2:20 Easy 10.00 Miles	0:05 Easy 0:30 MRP <b>&amp; Strength Train</b>

2. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Critical Day</b> 0:15 Easy 0:15 MRP 0:10 Easy	<b>DAY OFF</b>	<b>Critical Day</b> 0:10 Easy <b>2.00 Mile TIME TRIAL</b> 0:05 Easy	0:10 Easy 0:20 MRP 0:10 Easy	<b>DAY OFF</b>	1:24 Easy 6.00 Miles	0:10 Easy 0:30 MRP

1. Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:20 MRP 0:05 Easy	<b>DAY OFF</b>	<b>Critical Day</b> 0:15 Easy 0:05 T-Pace 0:10 Easy	0:05 Easy 0:20 MRP	<b>DAY OFF</b>	0:10 MRP	<b>RACE DAY!!! Have Fun!!!</b>