

24 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 0:02 T-Pace 0:20 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 3:00 T-Pace/ in between 2:00 0:05 T-Pace 0:10 Easy	0:50 Easy	DAY OFF	0:40 Easy 3.00 Miles	DAY OFF & Strength Train

23 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:35 Easy 0:04 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 0:03 T-Pace/ Off 0:02 HMRP 0:05 T-Pace 0:10 Easy	0:50 Easy	DAY OFF	0:54 Easy 4.00 Miles	DAY OFF & Strength Train

22 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:40 Easy 0:02 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 0:02 T-Pace/ Off 0:02 HMRP 0:05 T-Pace 0:10 Easy	0:50 Easy	DAY OFF	1:07 Easy 5.00 Miles	DAY OFF & Strength Train

21 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:40 Easy 0:03 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:04 T-Pace/ Off 0:02 HMRP 0:05 Easy	0:50 Easy	DAY OFF	1:34 Easy 7.00 Miles	DAY OFF & Strength Train

20 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 0:05 T-Pace 0:02 HMRP 0:20 Easy	DAY OFF	Critical Day 0:15 Easy 3 X 0:04 T-Pace/ Off 0:02 HMRP 0:10 Easy	0:50 Easy	DAY OFF	1:48 Easy 8.00 Miles	DAY OFF & Strength Train

19 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:30 Easy	DAY OFF	Critical Day 0:05 Easy 2 X 0:04 T-Pace/ Off 0:02 HMRP 0:05 Easy	DAY OFF	DAY OFF	1:07 Easy 5.00 Miles	DAY OFF & Strength Train

18 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 0:04 T-Pace 0:05 HMRP 0:10 MRP 0:15 Easy	DAY OFF	Critical Day 0:20 Easy 3 X 0:03 T-Pace/ Off 0:02 HMRP 0:10 Easy	0:55 Easy	DAY OFF	2:01 Easy 9.00 Miles	DAY OFF & Strength Train

17 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 0:30 MRP 0:02 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:03 I-Pace/ Off 0:03 HMRP 0:05 T-Pace 0:10 Easy	0:55 Easy	DAY OFF	2:15 Easy 10.00 Miles	DAY OFF & Strength Train

16 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 0:30 MRP 0:02 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:03 I-Pace/ Off 0:03 HMRP 0:10 T-Pace 0:10 Easy	0:55 Easy	DAY OFF	2:28 Easy 11.00 Miles	DAY OFF & Strength Train

15 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:30 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:03 T-Pace/ Off 0:02 HMRP 0:10 Easy	0:30 Easy	DAY OFF	1:21 Easy 6.00 Miles	DAY OFF & Strength Train

14 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 0:30 MRP 0:15 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:03:30 I-Pace/ Off 0:03:30 HMRP 0:10 Easy	0:55 Easy	DAY OFF	2:42 Easy 12.00 Miles	DAY OFF Strength Train

13 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:15 Easy 0:15 MRP 0:06 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 0:06 T-Pace/ Off 0:03 HMRP 0:10 Easy	0:50 Easy	DAY OFF	3:09 Easy 14.00 Miles	0:20 Easy & Strength Train

12 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:15 Easy 0:15 MRP 0:07 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 0:06 T-Pace/ Off 0:03 HMRP 0:10 Easy	0:50 Easy	DAY OFF	3:22 Easy or 15.00 Miles Easy	0:20 Easy 0:10 MRP Strength Train

11 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:10 MRP 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:05 T-Pace/ Off 0:02 HMRP 0:05 Easy	0:35 Easy	DAY OFF	1:34 Easy 7.00 Miles Dodgers Stadium	DAY OFF Strength Train

10 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 0:15 MRP 0:02 T-Pace 0:02 Walk 0:02 T-Pace 0:02 Walk 0:02 T-Pace 0:02 Walk 0:15 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 0:07 T-Pace/ Off 0:03 HMRP 0:10 Easy	1:00 Easy	DAY OFF	3:36 Easy 16.00 Miles	0:10 Easy 0:20 MRP & Strength Train

9 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:20 MRP 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 0:08 T-Pace/ Off 0:02 Easy 0:10 Easy	1:00 Easy	DAY OFF	3:49 Easy or 17.00 Miles Easy	0:05 Easy 0:40 MRP & Strength Train

8 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:05 Easy 0:30 MRP 0:05 T-Pace 0:05 Easy Non-stop	DAY OFF	Critical Day 0:10 Easy 4 X 0:09 T-Pace/ Off 0:02 Easy 0:10:00 Easy Non-stop	1:05 Easy & Strength Train	DAY OFF	4:03 Easy or 18.00 Miles Easy	0:05 Easy 0:40 MRP

7 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:05 Easy 0:20 MRP 0:05 Easy	DAY OFF	Critical Day 0:05 Easy 2.00 Mile TIME TRIAL 0:05 Easy	0:05 Easy 0:20 MRP 0:05 Easy	DAY OFF	1:21 Easy or 6.00 Miles Easy	0:10 Easy 0:10 MRP & Strength Train

6 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:30 MRP 0:10 Easy Non-stop	DAY OFF	Critical Day 0:15 Easy 4 X 0:10 T-Pace; off 0:02 Easy 0:15 Easy Non-stop	1:10 Easy & Strength Train	DAY OFF	4:03 Easy or 18.00 Miles Easy	0:05 Easy 0:40 MRP

5 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:10 MRP 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 2 X 0:07 T-Pace/ Off 0:03 HMRP 0:10 Easy	0:45 Easy & Strength Train	DAY OFF	2:15 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 Non-stop	DAY OFF	Critical Day 0:10 Easy 2 X 0:20 T-Pace/ Off 0:02 Easy 0:05 Easy	1:10 Easy	DAY OFF	4:30 Easy or 20.00 Miles Easy	0:10 Easy 0:40 MRP & Strength Train
3 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:20 MRP 0:05 Easy Taper Begins	DAY OFF	Critical Day 0:05 Easy 0:40 T-Pace 0:05 Easy 4 X 50 meter Strides	0:10 Easy 0:20 MRP 0:05 Easy	DAY OFF	2:15 Easy 10.00 Miles Dodgers Stadium	0:05 Easy 0:30 MRP & Strength Train
2 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:20 MRP 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 2.00 Mile TIME TRIAL 0:05 Easy 4 X 50 meter Strides	0:10 Easy 0:20 MRP 0:05 Easy	DAY OFF	1:21 Easy 6.00 Miles	0:05 Easy 0:30 MRP
1 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:20 MRP 0:05 Easy	DAY OFF	Critical Day 0:15 Easy 0:10 T-Pace 0:05 Easy 4 X 50 meter Strides	0:05 Easy 0:20 MRP	DAY OFF	0:10 MRP	RACE DAY!!! Have Fun!!! MARATHON