

24 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
0:30 Easy Walk or Easy Run	DAY OFF	Critical Day 0:15 Easy 2 X 0:03 T-Pace/ to 0:07 HMRP 0:05 T-Pace 0:10 Easy	0:35 Easy	DAY OFF	0:36 Easy 3.00 Miles	0:30 Easy & Strength Train	2:36 0:00 0:14 0:11 0:00 0:00
							0.00% Increase

23 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day	DAY OFF	Critical Day	0:35 Easy	DAY OFF	0:48 Easy 4.00 Miles	0:35 Easy & Strength Train	2:48
0:15 Easy		0:15 Easy					0:00
2 X 0:02 R-Pace		2 X 0:03 T-Pace/ to					0:04
to 0:02 Walk/jog		0:02 HMRP					0:15
0:05 T-Pace		0:04 T-Pace					0:00
0:10 Easy		0:10 Easy					0:06
							7.85% Increase

22 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day	DAY OFF	Critical Day	0:40 Easy	DAY OFF	1:00 Easy 5.00 Miles	0:40 Easy & Strength Train	3:05
0:15 Easy		0:10 Easy					0:00
0:03 T-Pace		3 X 0:03 T-Pace/ to					0:10
0:02 HMRP		0:02 HMRP					0:18
0:02 T-Pace		0:04 T-Pace					0:00
0:02 HMRP		0:10 Easy					0:00
0:10 Easy							
							9.43%
							Increase

21 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:15 Easy 0:04 T-Pace 0:02 HMRP 0:04 T-Pace 0:02 HMRP 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:04 T-Pace/ to 0:02 HMRP 0:10 Easy	0:40 Easy	DAY OFF	1:25 Easy 7.00 Miles	0:18 Easy 0:20 MRP & Strength Train	3:03 0:20 0:10 0:20 0:00 0:00 9.64% Increase

20 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day		Critical Day					3:22
0:15 Easy	DAY OFF	0:15 Easy	0:40 Easy	DAY OFF	1:37 Easy	0:20 Easy	0:20
0:03 T-Pace		3 X 0:04 T-Pace/ to			8.00 Miles	0:20 MRP	0:12
0:02 HMRP		0:02 HMRP				& Strength Train	0:21
0:03 T-Pace		0:10 Easy					0:00
0:02 HMRP							0:00
0:03 T-Pace							
0:02 HMRP							
0:05 Easy							9.42%
							Increase

19 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
0:40 Easy & Strength Train	DAY OFF	Critical Day 0:05 Easy 2 X 0:06 T-Pace/ to 0:03 HMRP 0:05 Easy	DAY OFF Strength Train	DAY OFF	1:00 Easy 5.00 Miles	DAY OFF Strength Train	1:50 0:00 0:06 0:12 0:00 0:00 -49.69% Decrease
18 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:20 Easy 0:05 T-Pace 0:05 HMRP 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:03 I-Pace/ to 0:03 HMRP 0:08 T-Pace 0:05 Easy	0:40 Easy	DAY OFF	1:49 Easy 9.00 Miles	0:15 Easy 0:25 MRP & Strength Train	3:29 0:25 0:14 0:13 0:09 0:00 6.60% Increase
17 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:20 Easy 0:05 T-Pace 0:05 HMRP 0:15 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:03 I-Pace/ to 0:03 HMRP 0:10 T-Pace 0:05 Easy	0:40 Easy	DAY OFF	2:01 Easy 10.00 Miles	0:20 Easy 0:25 MRP & Strength Train	3:51 0:25 0:14 0:15 0:09 0:00 8.80% Increase
16 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:20 Easy 0:10 T-Pace 0:05 HMRP 0:15 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 0:03:30 I-Pace/ to 0:03:30 HMRP 0:05 Easy	0:50 Easy	DAY OFF	2:13 Easy 11.00 Miles	0:20 Easy 0:25 MRP & Strength Train	4:13 0:25 0:19 0:10 0:14 0:00 9.35% Increase
15 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:10 Easy 2 X 0:02 R-Pace off 0:02 Walk/jog 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 0:03 T-Pace/ to 0:02 HMRP 0:05 T-Pace 0:05 Easy	0:30 Easy	DAY OFF	1:13 Easy 6.00 Miles	0:30 Easy & Strength Train	2:48 0:00 0:04 0:16 0:00 0:04 -40.64% Decrease

14 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day	DAY OFF	Critical Day					4:31
0:20 Easy		0:10 Easy	0:55 Easy	DAY OFF	2:26 Easy or	0:15 Easy	0:30
0:05 T-Pace		4 X 0:06:30 T-Pace/			12.00 Miles Easy	0:30 MRP	0:19
0:05 HMRP		to 0:03:30 HMRP				& Strength Train	0:31
0:20 Easy		0:05 Easy					0:00
							0:00
							8.63% Increase

13 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:20 Easy 0:10 T-Pace 0:20 Easy	DAY OFF	Critical Day 0:05 Easy 4 X0:06:30 T-Pace/ to 0:03:30 HMRP 0:05 Easy	1:00 Easy	DAY OFF	2:50 Easy 14.00 Miles	0:10 Easy 0:40 MRP & Strength Train	4:50 0:40 0:14 0:36 0:00 0:00 8.46% Increase

12 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day	DAY OFF	Critical Day					5:07
0:20 Easy		0:10 Easy	1:00 Easy	DAY OFF	3:02 Easy	0:15 Easy	0:40
3 X 0:03 R-Pace		4 X 0:06:30 T-Pace/ to 0:03:30 HMRP			15.00 Miles	0:40 MRP	0:14
off 0:02 Walk/jog						& Strength Train	0:31
0:05 T-Pace		0:05 Easy					0:00
0:15 Easy							0:09
							6.12%
							Increase

11 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day		Critical Day					2:40
0:15 Easy	DAY OFF	0:10 Easy	0:40 Easy	DAY OFF	1:25 Easy	DAY OFF	0:15
2 X 0:03 R-Pace		3 X 0:05 I-Pace/ to			7.00 Miles	Strength Train	0:06
off 0:02 Walk/jog		0:02 HMRP					0:05
0:05 T-Pace		0:05 Easy			Dodgers Stadium		0:15
0:15 MRP							0:00
0:05 Easy							
							-49.67%
							Decrease

10 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day	DAY OFF	Critical Day					5:09
0:05 Easy		0:10 Easy	1:00 Easy	DAY OFF	3:14 Easy or	0:20 Easy	0:55
3 X 0:02 R-Pace		4 X 0:07 T-Pace/ to			16.00 Miles Easy	0:40 MRP	0:12
off 0:02 Walk/jog		0:03 HMRP				& Strength Train	0:38
0:10 T-Pace		0:05 Easy					0:00
0:15 MRP							0:06
0:05 Easy							
							4.84%
							Increase

9 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:10 Easy 4 X 0:02 R-Pace off 0:02 Walk/jog 0:10 T-Pace 0:15 MRP 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 0:08 T-Pace/ to 0:02 HMRP 0:10 Easy	1:05 Easy	DAY OFF	3:26 Easy or 17.00 Miles Easy	0:25 Easy 0:40 MRP & Strength Train	5:31 0:55 0:08 0:42 0:00 0:08 5.84% Increase

8 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:10 Easy 5 X 0:02 R-Pace to 0:02 Walk/jog 0:06 T-Pace 0:20 MRP 0:05 Easy Non-stop	DAY OFF	Critical Day 0:10 Easy 4 X 0:09 T-Pace/ to 0:02 HMRP 0:10:00 Easy Non-stop	1:10 Easy	DAY OFF	3:39 Easy or 18.00 Miles Easy	0:20 Easy 0:40 MRP & Strength Train	5:44 1:00 0:08 0:42 0:00 0:10 4.41% Increase

7 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:15 Easy 0:10 MRP 0:10 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:05 Easy 2.00 Mile TIME TRIAL 0:05 Easy 4 X 50 meter Strides	0:10 Easy 0:20 MRP 0:10 Easy	DAY OFF Strength Train	1:13 Easy or 6.00 Miles Easy	0:15 Easy 0:30 MRP & Strength Train	2:23 1:00 0:00 0:10 0:00 0:00 -49.43% Decrease

6 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:15 Easy 0:05 T-Pace 0:05 HMRP 0:05 T-Pace 0:05 HMRP 0:20 MRP Non-stop	DAY OFF	Critical Day 0:15 Easy 4 X 0:10 T-Pace; to 0:02 HMRP 0:15 Easy Non-stop	1:15 Easy	DAY OFF	3:39 Easy or 18.00 Miles Easy	0:20 Easy 0:40 MRP & Strength Train	5:59 1:00 0:18 0:50 0:00 0:00 4.43% Increase

5 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:10 Easy 0:06 T-Pace 0:06 HMRP 0:10 Easy	DAY OFF	Critical Day 0:05 Easy 2 X 0:03 I-Pace/ to 0:03 HMRP 0:10 T-Pace 0:05 Easy	0:30 Easy	DAY OFF	2:01 Easy 10.00 Miles	0:10 Easy 0:20 MRP & Strength Train	3:19 0:20 0:12 0:16 0:06 0:00 -47.98% Decrease

4 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:15 Easy 4 X 0:02 R-Pace to 0:02 Walk/jog 0:05 T-Pace 0:20 MRP 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 2 X 0:20 T-Pace/ to 0:04 HMRP 0:05 Easy	1:15 Easy	DAY OFF	4:03 Easy or 20.00 Miles Easy	0:10 Easy 0:45 MRP & Strength Train	6:03 1:05 0:06 45:00 0:00 0:08 7.40% Increase

3 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:05 Easy 0:20 MRP 0:05 Easy 0:05 T-Pace 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 0:10 Easy	DAY OFF	2:01 Easy 10.00 Miles Dodgers Stadium	0:10 Easy 0:30 MRP & Strength Train	2:51 1:10 0:00 0:45 0:00 0:00 -44.33% Decrease

2 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:10 Easy 0:15 MRP 0:05 Easy 0:10 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:05 Easy 2.00 Mile TIME TRIAL 0:05 Easy 4 X 50 meter Strides	0:10 Easy 0:20 MRP 0:10 Easy	DAY OFF	1:13 Easy 6.00 Miles	0:10 Easy 0:30 MRP	2:13 0:35 0:00 0:10 0:00 0:00 -31.22% Decrease

1 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TIME
Critical Day 0:10 Easy 0:20 MRP 0:10 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 0:10 T-Pace 0:05 Easy 4 X 50 meter Strides	0:05 Easy 0:15 MRP	DAY OFF	0:10 MRP	RACE DAY!!! Have Fun!!! Los Angeles Marathon!!!	0:35 0:45 0:00 0:20 0:00 0:00 -48.28% Decrease