

24 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 3 X 0:02 R-Pace off 2:00 Walk/jog 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 2 X 3:00 T-Pace/ in between 2:00 0:06 T-Pace 0:05 Easy	0:40 Easy	DAY OFF	0:33 Easy 3.00 Miles	0:40 Easy & Strength Train

23 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 3 X 0:02 R-Pace off 2:00 Walk/jog 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 3:00 T-Pace/ in between 2:00 0:06 T-Pace 0:05 Easy	0:40 Easy	DAY OFF	0:44 Easy 4.00 Miles	0:40 Easy & Strength Train

22 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:05 T-Pace 0:02 HMRP 0:05 T-Pace 0:02 HMRP 0:10 Easy	DAY OFF	Critical Day 0:05 Easy 3 X 3:00 T-Pace/ in between 2:00 0:05 T-Pace 0:05 Easy	0:45 Easy	DAY OFF	0:55 Easy 5.00 Miles	0:40 Easy & Strength Train

21 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 0:05 T-Pace 0:02 HMRP 0:05 T-Pace 0:02 HMRP 0:05 T-Pace 0:02 HMRP 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 4:00 T-Pace/ in between 2:00 0:05 Easy	0:40 Easy	DAY OFF	1:18 Easy 7.00 Miles	0:20 Easy 0:20 MRP & Strength Train

20 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 0:03 T-Pace 0:03 HMRP 0:03 T-Pace 0:03 HMRP 0:03 T-Pace 0:03 HMRP 0:05 Easy	DAY OFF	Critical Day 0:15 Easy 3 X 4:00 T-Pace/ Off 2:00 HMRP 0:05 T-Pace 0:10 Easy	0:40 Easy	DAY OFF	1:29 Easy 8.00 Miles	0:20 Easy 0:20 MRP & Strength Train

19 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:35 Easy & Strength Train	DAY OFF	Critical Day 0:05 Easy 3 X 3:00 T-Pace/ in between 4:00 0:05 Easy	DAY OFF	DAY OFF	0:55 Easy 5.00 Miles	DAY OFF

18 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:05 T-Pace 0:05 HMRP 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 3:00 I-Pace/ Off 3:00 HMRP 0:10 T-Pace 0:05 Easy	0:40 Easy	DAY OFF	1:40 Easy 9.00 Miles	0:20 Easy 0:30 MRP & Strength Train

17 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:10 T-Pace 0:05 HMRP 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 3:00 I-Pace/ Off 3:00 HMRP 0:10 T-Pace 0:05 Easy	0:45 Easy	DAY OFF	1:51 Easy 10.00 Miles	0:20 Easy 0:30 MRP & Strength Train

16 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:10 T-Pace 0:05 HMRP 0:10 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 3:30 I-Pace/ Off 3:30 HMRP 0:05 Easy	0:50 Easy	DAY OFF	2:02 Easy 11.00 Miles	0:20 Easy 0:30 MRP & Strength Train

15 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:30 Easy & Strength Train	DAY OFF	Critical Day 0:10 Easy 2 X 2:00 T-Pace/ Off 2:00 HMRP 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 0:05 T-Pace 0:05 Easy 0:05 T-Pace 0:05 Easy	1:07 Easy 6.00 Miles	DAY OFF

14 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:08 T-Pace 0:05 HMRP 0:05 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 6:00 T-Pace/ Off 3:00 HMRP 0:05 Easy	0:40 Easy	DAY OFF	2:14 Easy or 12.00 Miles Easy	0:18 Easy 0:30 MRP & Strength Train

13 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 0:10 T-Pace 0:10 Easy 0:10 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:05 Easy 4 X 6:00 T-Pace/ Off 3:00 HMRP 0:05 Easy	0:45 Easy	DAY OFF	2:36 Easy 14.00 Miles	0:15 Easy 0:35 MRP & Strength Train

12 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 5 X 0:03 R-Pace off 2:00 Walk/jog 0:10 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 6:30 T-Pace/ Off 3:00 HMRP 0:10 Easy	0:50 Easy	DAY OFF	2:47 Easy 15.00 Miles	0:15 Easy 0:40 MRP & Strength Train

11 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 3 X 0:03 R-Pace off 2:00 Walk/jog 0:10 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 5:00 I-Pace/ Off 2:00 HMRP 0:05 Easy	0:30 Easy	DAY OFF	1:18 Easy 7.00 Miles Dodgers Stadium	0:10 Easy 0:20 MRP & Strength Train

10 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 7 X 0:02 R-Pace off 2:00 Walk/jog 0:15 T-Pace 0:15 MRP 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 7:00 T-Pace/ Off 3:00 HMRP 0:05 Easy	1:05 Easy	DAY OFF	2:58 Easy or 16.00 Miles Easy	0:20 Easy 0:40 MRP & Strength Train

9 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 8 X 0:02 R-Pace off 2:00 Walk/jog 0:20 T-Pace 0:15 MRP 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 4 X 8:00 T-Pace/ Off 2:00 HMRP 0:10 Easy	1:10 Easy	DAY OFF	3:09 Easy or 17.00 Miles Easy	0:30 Easy 0:40 MRP & Strength Train

8 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 8 X 0:02 R-Pace off 2:00 Walk/jog 0:15 T-Pace 0:15 MRP 0:05 Easy Non-stop	DAY OFF	Critical Day 0:10 Easy 4 X 9:00 T-Pace/ Off 2:00 HMRP 0:10:00 Easy Non-stop	1:15 Easy & Strength Train	DAY OFF	3:21 Easy or 18.00 Miles Easy	0:30 Easy 0:40 MRP

7 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 0:20 MRP 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	1:07 Easy or 6.00 Miles Easy	0:10 Easy 0:30 MRP

6 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 0:07 T-Pace 0:05 HMRP 0:08 T-Pace 0:05 HMRP 0:09 T-Pace 0:20 MRP 0:05 Easy Non-stop	DAY OFF	Critical Day 0:15 Easy 4 X 0:10 T-Pace; off 0:02 HMRP 0:15 Easy Non-stop	1:20 Easy & Strength Train	DAY OFF	3:21 Easy or 18.00 Miles Easy	0:25 Easy 0:05 T-Pace 0:45 MRP

5 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 3 X 0:02 R-Pace off 2:00 Walk/jog 0:08 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 7:00 T-Pace/ Off 3:00 HMRP 0:10 Easy	1:00 Easy & Strength Train	DAY OFF	1:51 Easy or 10.00 Miles Easy	DAY OFF

4 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 4 X 0:04 I-Pace off 2:00 Walk/jog 0:20 T-Pace 0:15 MRP 0:05 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 20:00 T-Pace/ Off 4:00 HMRP 0:15 Easy	1:25 Easy & Strength Train	DAY OFF	3:43 Easy or 20.00 Miles Easy	0:25 Easy 0:05 T-Pace 0:45 MRP

3 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 0:30 MRP 0:05 Easy 0:10 T-Pace 0:05 Easy 0:10 T-Pace	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 Taper Begins	DAY OFF	1:51 Easy 10.00 Miles Dodgers Stadium	0:20 Easy 0:30 MRP

2 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 0:15 MRP 0:05 Easy 0:20 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	1:07 Easy 6.00 Miles	0:20 Easy 0:30 MRP

1 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:20 MRP 0:10 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:05 Easy 0:20 T-Pace 0:05 Easy 4 X 50 meter Strides	0:05 Easy 0:20 MRP	DAY OFF	0:10 MRP	LA MARATHON RACE DAY!!! Have Fun!!!