

24 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:40 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 2:00 T-Pace + 2:00 HMRP 0:05 T-Pace 0:10 Easy	0:40 Easy	Critical Day 0:10 Easy 0:07 T-Pace 0:05 Easy 0:05 T-Pace 0:05 Easy	0:57 Easy 6.00 Miles	Critical Day 0:10 Easy 0:05 T-Pace 0:10 Easy & Strength Train

23 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 3 X 0:02 R-Pace off 0:02 Walk/jog 0:05 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 0:03 T-Pace + 0:02 HMRP 0:10 T-Pace 0:10 Easy	0:50 Easy	DAY OFF	1:06 Easy 7.00 Miles	0:50 Easy & Strength Train

22 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 0:05 T-Pace 0:02 HMRP 0:05 T-Pace 0:02 HMRP 0:10 Easy	DAY OFF	Critical Day 0:15 Easy 3 X 0:03 T-Pace + 0:02 HMRP 0:05 T-Pace 0:10 Easy	0:50 Easy	DAY OFF	1:16 Easy 8.00 Miles	1:00 Easy & Strength Train

21 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 0:04 T-Pace 0:02 HMRP 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:04 T-Pace + 0:02 HMRP 0:10 Easy	0:50 Easy & Strength Train	DAY OFF	1:25 Easy 9.00 Miles	0:40 Easy 0:35 MRP 0:10 Easy

20 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 0:04 T-Pace 0:02 HMRP 0:04 T-Pace 0:02 HMRP 0:04 T-Pace 0:02 HMRP 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:04 T-Pace + 0:02 HMRP 0:05 T-Pace 0:10 Easy	0:50 Easy & Strength Train	DAY OFF	1:35 Easy 10.00 Miles	0:40 Easy 0:35 MRP 0:10 Easy

19 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:40 Easy & Strength Train	DAY OFF	Critical Day 0:05 Easy 2 X 0:05 T-Pace + 0:03 HMRP 0:05 Easy	0:30 Easy & Strength Train	DAY OFF	0:57 Easy 6.00 Miles	DAY OFF & Strength Train

18 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 0:05 T-Pace 0:05 HMRP 0:05 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:03 I-Pace + 0:03 HMRP 0:10 T-Pace 0:10 Easy	0:55 Easy & Strength Train	DAY OFF	1:44 Easy 11.00 Miles	0:40 Easy 0:35 MRP 0:10 Easy

17 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 0:10 T-Pace 0:04 HMRP 0:05 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 & Strength Train	DAY OFF	1:54 Easy 12.00 Miles	0:35 Easy 0:40 MRP 0:15 Easy

16 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 0:10 T-Pace 0:05 HMRP 0:10 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:03 I-Pace/ Off 0:03 HMRP 0:10 Easy	1:00 Easy & Strength Train	DAY OFF	2:03 Easy 13.00 Miles	0:35 Easy 0:40 MRP 0:15 Easy

15 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 3 X 0:02 R-Pace off 0:02 Walk/jog 0:05 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:05 Easy 3 X 0:04 I-Pace + 0:02 HMRP 0:05 Easy	0:35 Easy & Strength Train	DAY OFF	1:06 Easy 7.00 Miles	0:20 Easy 0:30 MRP & Strength Train

14 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 0:10 T-Pace 0:05 HMRP 0:05 T-Pace 0:15 Easy	DAY OFF	Critical Day 0:15 Easy 3 X 0:06 T-Pace/ Off 0:04 HMRP 0:10 Easy	1:05 Easy & Strength Train	DAY OFF	2:13 Easy or 14.00 Miles Easy	0:40 Easy 0:35 MRP 0:15 Easy

13 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 0:10 T-Pace 0:10 Easy 0:05 T-Pace 0:10 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:06 T-Pace/ Off 0:04 HMRP 0:15 Easy	1:10 Easy & Strength Train	DAY OFF	2:22 Easy 15.00 Miles	0:40 Easy 0:35 MRP 0:15 Easy

12 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 4 X 0:03 R-Pace off 0:02 Walk/jog 0:10 T-Pace 0:15 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:06 T-Pace/ Off 0:03 HMRP 0:15 Easy	1:15 Easy & Strength Train	DAY OFF	2:32 Easy 16.00 Miles	0:40 Easy 0:40 MRP 0:15 Easy

11 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 3 X 0:03 R-Pace off 2:00 Walk/jog 0:15 T-Pace 0:05 Easy	DAY OFF	Critical Day 0:10 Easy 3 X 0:05 I-Pace/ Off 0:02 HMRP 0:05 Easy	0:35 Easy	DAY OFF	1:25 Easy 9.00 Miles Dodgers Stadium	0:10 Easy 0:20 MRP & Strength Train

10 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:20 Easy 4 X 0:02 R-Pace off 0:02 Walk/jog 0:05 T-Pace 0:20 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:07 T-Pace/ Off 0:03 HMRP 0:15 Easy	1:20 Easy & Strength Train	DAY OFF	2:41 Easy 17.00 Miles	0:40 Easy 0:40 MRP 0:20 Easy

9 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 5 X 0:02 R-Pace off 0:02 Walk/jog 0:15 T-Pace 0:20 MRP 0:10 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:07 T-Pace/ Off 0:02 HMRP 0:15 Easy	1:25 Easy & Strength Train		2:51 Easy or 18.00 Miles Easy	0:40 Easy 0:40 MRP 0:20 Easy

8 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:10 Easy 6 X 0:02 R-Pace off 0:02 Walk/jog 0:15 T-Pace 0:20 MRP 0:10 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:07 T-Pace/ Off 0:02 HMRP 0:15 Easy	1:25 Easy & Strength Train	DAY OFF	2:51 Easy or 18.00 Miles Easy	0:40 Easy 0:40 MRP 0:20 Easy

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	0:15 Easy 0:20 MRP 0:10 Easy	DAY OFF	1:16 Easy or 8.00 Miles Easy	0:10 Easy 0:30 HMRP & Strength Train

6 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 6 X 0:02 R-Pace off 0:02 Walk/jog 0:10 T-Pace 0:30 MRP 0:15 Easy	DAY OFF	Critical Day 0:15 Easy 4 X 0:10 T-Pace/ Off 0:02 HMRP 0:15:00 Easy Non-stop	1:20 Easy & Strength Train	DAY OFF	3:10 Easy or 20.00 Miles Easy	0:30 Easy 0:45 MRP 0:25 Easy

5 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:05 Easy 0:20 MRP 0:05 Easy Non-stop	DAY OFF	Critical Day 0:05 Easy 4 X 0:09 T-Pace/ Off 0:02 HMRP 0:05 Easy Non-stop	0:40 Easy	DAY OFF	1:44 Easy or 11.00 Miles Easy	0:05 Easy 0:30 MRP & Strength Train

4 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:15 Easy 6 X 0:02 R-Pace off 0:02 Walk/jog 0:10 T-Pace 0:30 MRP 0:15 Easy	DAY OFF	Critical Day 0:15 Easy 2 X 0:20 T-Pace/ Off 0:04 HMRP 0:15 Easy	1:25 Easy & Strength Train	DAY OFF	3:10 Easy or 20.00 Miles Easy	0:30 Easy 0:50 MRP 0:30 Easy

3 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Critical Day 0:05 Easy 0:20 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	1:35 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	0:57 Easy 6.00 Miles	0:20 Easy 0:30 MRP

1 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0:10 Easy 0:20 MRP 0:05 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	RACE DAY!!! Have Fun!!! Los Angeles Marathon