



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 mile run	Strength Day	4 mile run	3 mile run	REST	6 mile run	Mobility Day
WEEK 2	3 mile run	Strength Day	4 mile run	3.5 mile run	REST	7 mile run	Mobility Day
WEEK 3	3 mile run	Strength Day	4 mile run	3 mile run	REST	5 mile run	Mobility Day
WEEK 4	3.5 mile run	Strength Day	4.5 mile run	4 mile run	REST	9 mile run	Mobility Day
WEEK 5	4 mile run	Strength Day	5 mile run	4 mile run	REST	10 mile run	Mobility Day
WEEK 6	3.5 mile run	Strength Day	4 mile run	3.5 mile run	REST	8 mile run	Mobility Day
WEEK 7	4 mile run	Strength Day	5.5 mile run	4 mile run	REST	12 mile run	Mobility Day
WEEK 8	4 mile run	Strength Day	6 mile run	4 mile run	REST	13.5 mile run	Mobility Day
WEEK 9	4 mile run	Strength Day	5 mile run	4 mile run	REST	10 mile run	Mobility Day
WEEK 10	4.5 mile run	Strength Day	6.5 mile run	5 mile run	REST	15 mile run (or 3 hours of running, whichever comes first)	Mobility Day
WEEK 11	4.5 mile run	Strength Day	7 mile run	5 mile run	REST	16 mile run (or 3 hours of running, whichever comes first)	Mobility Day
WEEK 12	4 mile run	Strength Day	5 mile run	4.5 mile run	REST	12 mile run	Mobility Day
WEEK 13	5 mile run	Strength Day	8 mile run	5 mile run	REST	18 mile run (or 3 hours of running, whichever comes first)	Mobility Day
WEEK 14	5 mile run	Strength Day	6 mile run	4 mile run	REST	14 mile run	Mobility Day
WEEK 15	5 mile run	Strength Day	9 mile run	5 mile run	REST	20 mile run (or 3 hours of running, whichever comes first)	Mobility Day
WEEK 16	4 mile run	Strength Day	6 mile run	4.5 mile run	REST	12 mile run	Mobility Day
WEEK 17	3.5 mile run	Strength Day	4.5 mile run	4 miles easy	REST	8 mile run	REST
WEEK 18	3 mile run	Strength Day	3 mile run	2 miles easy	REST	10-15 minute shakeout jog	RACEDAY