



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	4 miles easy with 5 striders to finish	Strength Day	1 mile easy, 2 miles @20-30 sec faster than easy pace, 1 miles easy, 1 mile @20-30 sec per mile faster than easy pace	4 miles easy	REST	10 miles easy	30 minutes easy and Mobility Day
WEEK 2	4 miles easy with 5 striders to finish	Strength Day	1.5 miles easy, 0.25 miles at 10K pace with 0.25 miles easy recovery jog x 8	4 miles easy	REST	10.5 miles easy with 0.5 mile fast finish	30 minutes easy and Mobility Day
WEEK 3	4 miles easy with 5 striders to finish	Strength Day	1.5 miles easy, 0.25 miles at 10K pace with 0.25 miles easy recovery jog x 8	4 miles easy	REST	8 miles easy	30 minutes easy and Mobility Day
WEEK 4	5 miles easy with 5 striders to finish	Strength Day	2 miles easy, 2 miles at 15 sec per mile faster than goal marathon pace, 1 mile easy	5 miles easy	REST	12 miles easy	3 miles easy and Mobility Day
WEEK 5	5 miles easy with 5 striders to finish	Strength Day	2 miles easy, 0.5 miles at 10K pace with 0.25 miles easy recovery jog x 5, 0.5 miles easy	5 miles easy	REST	12.5 miles easy with 0.5 mile fast finish	35 minutes easy and Mobility Day
WEEK 6	5 miles easy with 5 striders to finish	Strength Day	7 miles easy	5 miles easy	REST	6 miles easy, 2 miles at goal marathon pace, 6 miles easy	35 minutes easy and Mobility Day
WEEK 7	5 miles easy with 5 striders to finish	Strength Day	2 miles easy, 2 miles at 15 sec per mile faster than goal marathon pace, 2 mile easy	5 miles easy	REST	10 miles easy	30 minutes easy and Mobility Day
WEEK 8	5 miles easy with 5 striders to finish	Strength Day	2 miles easy, 1 mile at goal marathon pace with 0.25 mile easy recovery jog x 3, 1 mile easy	5 miles easy	REST	15.5 miles easy with 0.5 mile fast finish	35 minutes easy and Mobility Day
WEEK 9	6 miles easy with 5 striders to finish	Strength Day	8 miles easy	5 miles easy	REST	9 miles easy, 1 mile at goal marathon pace followed by 1 mile easy x 4	40 minutes easy and Mobility Day
WEEK 10	6 miles easy with 5 striders to finish	Strength Day	2 miles easy, 1 mile at goal marathon pace with 0.25 mile easy recovery jog x 4, 1 mile easy	6 miles easy	REST	18 miles easy	40 minutes easy and Mobility Day
WEEK 11	5 miles easy with 5 striders to finish	Strength Day	6 miles easy	5 miles easy	REST	13 miles easy	35 minutes easy and Mobility Day
WEEK 12	6 miles easy with 5 striders to finish	Strength Day	9 miles easy	6 miles easy	REST	16 miles easy with last miles 20 seconds per mile faster than easy	40 minutes easy and Mobility Day
WEEK 13	6 miles easy with 5 striders to finish	Strength Day	3 miles easy, 3 miles at goal marathon pace, 3 miles easy	6 miles easy	REST	19 miles easy	40 minutes easy and Mobility Day
WEEK 14	5 miles easy with 5 striders to finish	Strength Day	2 miles easy, 0.5 miles at 10K pace with 0.25 miles easy recovery jog x 4, 1 mile easy	5 miles easy	REST	14 miles easy	30 minutes easy and Mobility Day
WEEK 15	6 miles easy with 5 striders to finish	Strength Day	3 miles easy, 3 miles at goal marathon pace, 4 miles easy	6 miles easy	REST	20 miles easy	30 minutes easy and Mobility Day
WEEK 16	4 miles easy	Strength Day	6 miles easy	5 miles easy	REST	11 miles easy with 1 mile at goal marathon pace to finish	3 miles easy and Mobility Day
WEEK 17	4 miles easy with 4 striders to finish	REST	2 miles easy, 2 miles at 15 sec per mile faster than goal marathon pace, 1 mile easy	4 miles easy	REST	10 miles easy	REST
WEEK 18	3 miles easy with 4 striders to finish	REST	1 miles easy, 0.5 miles at 10K pace with 0.25 miles easy recovery jog x 3, 1 mile easy	3 miles easy	REST	25 minute shakeout jog (optional)	RACEDAY!