

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 miles easy	Walk 10 minutes and Strength Day	2 miles easy, 1 minute @10K pace with 2 minute recovery jog x 4, 1 mile easy	3 miles easy	Rest	4 miles easy	Walk 10 minutes and Mobility Day
WEEK 2	4 miles easy	Walk 10 minutes and Strength Day	2 miles easy, 1 minute @10K pace with 2 minute recovery jog x 6, 1 mile easy	3 miles easy	Rest	2 miles easy, 1 mile @20-30 seconds faster than easy pace, 1 mile easy	Walk 10 minutes and Mobility Day
WEEK 3	4 miles easy with 3 striders to finish	Walk 10 minutes and Strength Day	2 miles easy, 1 mile @15 sec faster than easy pace, 1 mile @15 sec faster than easy pace	3 miles easy	Rest	5 miles easy	Walk 10 minutes and Mobility Day
WEEK 4	4 miles easy with 3 striders to finish	Walk 10 minutes and Strength Day	3 miles easy	3 miles easy	Rest	4 miles easy	Walk 10 minutes and Mobility Day
WEEK 5	4 miles easy	Walk 10 minutes and Strength Day	2 miles easy, 90 seconds @10K pace with 2 minute recovery jog x 5, 1 mile easy	3 miles easy	Rest	2 miles easy, 2 miles @20-30 seconds faster than easy pace, 2 miles easy	Walk 10 minutes and Mobility Day
WEEK 6	4 miles easy with 3 striders to finish	Walk 10 minutes and Strength Day	2 miles easy, 2 minutes @10K pace with 2 minute recovery jog x 5, 1 mile easy	3 miles easy	Rest	7 miles easy	Walk 10 minutes and Mobility Day
WEEK 7	4 miles easy with 3 striders to finish	Walk 10 minutes and Strength Day	4 miles easy	3 miles easy	Rest	5 miles easy	Walk 10 minutes and Mobility Day
WEEK 8	4 miles easy with 3 striders to finish	Walk 10 minutes and Strength Day	2 miles easy, 2 miles @10K pace, 1 mile easy	4 miles easy	Rest	8 miles easy	Walk 10 minutes and Mobility Day
WEEK 9	3 miles easy with 3 striders to finish	Walk 10 minutes and Strength Day	1 mile easy, 1 minute @10K pace with 2 minute recovery jog x 4, 1 mile easy	2 miles easy	Rest	4 miles easy	Rest
WEEK 10	3 miles easy	Walk 10 minutes and Strength Day	3 miles easy + 3 striders	3 miles easy	Rest	RACE DAY!	