

|         | MONDAY                                 | TUESDAY                          | WEDNESDAY                                                                      | THURSDAY                           | FRIDAY | SATURDAY                                                                                                                           | SUNDAY                              |
|---------|----------------------------------------|----------------------------------|--------------------------------------------------------------------------------|------------------------------------|--------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| WEEK 1  | 4 miles easy with 4 striders to finish | Walk 10 minutes and Strength Day | 2 miles easy, 1 minute @10K pace with 90 second recovery jog x 6, 1 mile easy  | 3 miles easy and Strength/Mobility | Rest   | 5 miles easy                                                                                                                       | 20 minute easy jog and Mobility Day |
| WEEK 2  | 5 miles easy with 4 striders to finish | Walk 10 minutes and Strength Day | 2 miles easy, 2 miles @20-30 seconds faster than easy pace, 1 mile easy        | 3 miles easy and Strength/Mobility | Rest   | 6 miles easy with 1' @ 10K pace to start each mile after the first                                                                 | 20 minute easy jog and Mobility Day |
| WEEK 3  | 4 miles easy                           | Walk 10 minutes and Strength Day | 2 miles easy, 1 minute @5K pace with 90 second recovery jog x 6, 1 mile easy   | 3 miles easy and Strength/Mobility | Rest   | 7 miles easy                                                                                                                       | 20 minute easy jog and Mobility Day |
| WEEK 4  | 5 miles easy with 4 striders to finish | Walk 10 minutes and Strength Day | 2 miles easy, 2 minutes @10K pace with 2 minutes recovery jog x 4, 1 mile easy | 3 miles easy and Strength/Mobility | Rest   | 2 miles easy, 2 miles @20-30 seconds faster than easy pace, 2 miles easy, 1 mile @20-30 seconds faster than easy pace              | 20 minute easy jog and Mobility Day |
| WEEK 5  | 5 miles easy with 4 striders to finish | Walk 10 minutes and Strength Day | 2 miles easy, 800m @10K pace with 400m recovery x 4, 1 mile easy               | 3 miles easy and Strength/Mobility | Rest   | 6 miles easy                                                                                                                       | 20 minute easy jog and Mobility Day |
| WEEK 6  | 4 miles easy                           | Walk 10 minutes and Strength Day | 2 miles easy, 800m @10K pace with 400m recovery x 4, 1 mile easy               | 3 miles easy and Strength/Mobility | Rest   | 2 miles easy, 2 miles @20-30 seconds faster than easy pace, 2 miles easy, 1 mile @20-30 seconds faster than easy pace, 1 mile easy | 20 minute easy jog and Mobility Day |
| WEEK 7  | 5 miles easy with 4 striders to finish | Walk 10 minutes and Strength Day | 2 miles easy, 1 minute @5K pace with 90 seconds recovery jog x 8, 1 mile easy  | 3 miles easy and Strength/Mobility | Rest   | 9 miles easy                                                                                                                       | 20 minute easy jog and Mobility Day |
| WEEK 8  | 5 miles easy                           | Walk 10 minutes and Strength Day | 2 miles easy, 1 minute @10K pace with 90 second recovery jog x 6, 1 mile easy  | 4 miles easy and Strength/Mobility | Rest   | 2 miles easy, 2 miles @10K pace, 1 mile easy, 2 miles @10K pace                                                                    | 20 minute easy jog and Mobility Day |
| WEEK 9  | 4 miles easy with 4 striders to finish | Walk 10 minutes and Strength Day | 2 miles easy, 1 minute @10K pace with 90 second recovery jog x 6, 1 mile easy  | 3 miles easy and Strength/Mobility | Rest   | 5 miles easy                                                                                                                       | Rest                                |
| WEEK 10 | 3 miles easy with 4 striders to finish | Rest                             | 1 mile easy, 1 minute @10K pace with 90 second recovery jog x 6, 1 mile easy   | 3 miles easy                       | Rest   | <b>RACE DAY!</b>                                                                                                                   |                                     |