

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4 Miles Easy Run	6 Miles Strides After Run	7 Miles	6 Miles Easy Run	7 Miles Strides After Run	Easy Run 3 Miles or Cross Train	Long Run 8 Miles
2	4 Miles Easy Run	6 Miles Strides After Run	2 Miles WU & CD 3 Miles of 2 Min at 5k Effort 2 Min Easy	6 Miles Easy Run Strides After Run	7 Miles	Easy Run 3 Miles or Cross Train	Long Run 8 Miles
3	4 Miles Easy Run Strides After Run	2 Miles WU & CD 4 Miles of 1 Min at 5k Effort 2 Min Easy	7 Miles	6 Miles Easy Run Strides After Run	3 Miles WU 4x1/2 Mile at 5k Pace 2 Min Recovery 2 Miles CD	Easy Run 3 Miles or Cross Train	Long Run 10 Miles
4	5 Miles Easy Run Strides After Run	2 Miles WU & CD 4 Miles of 2 Min at 5k Effort 1:30 at Easy	8 Miles	7 Miles Easy Run Strides After Run	3 Miles WU 4x1k at 5k Pace 2 Min Recovery 2 Miles CD	Easy Run 3 Miles or Cross Train	Long Run 10 Miles
5	5 Miles Easy Run Strides After Run	2 Miles WU & CD 4 Miles of 1 Min at 5k Effort 1:30 at Easy	8 Miles	7 Miles Easy Run Strides After Run	3 Miles WU 3x1 Mile at Tempo 2:30 Recovery 2 Miles CD	Easy Run 3 Miles or Cross Train	Long Run 12 Miles
6	5 Miles Easy Run Strides After Run	2 Miles WU & CD 4 Miles of 2 Min at 5k Effort 1 Min Easy	8 Miles	7 Miles Easy Run Strides After Run	3 Miles WU 6x1/2 Mile at 5k 2 Min Recovery 2 Miles CD	Easy Run 3 Miles or Cross Train	Long Run 12 Miles
7	6 Miles Easy Run Strides After Run	2 Miles WU & CD 4 Miles of 3 Min at 5k Effort 2 at Easy	9 Miles	7 Miles Easy Run Strides After Run	3 Miles WU 5x1k at 5k Pace 2 Min Recovery 2 Miles CD	Easy Run 3 Miles or Cross Train	Long Run 14 Miles or 1:45 Max
8	6 Miles Easy Run Strides After Run	2 Miles WU & CD 4 Miles of 1 Min at 5k Effort 1 Min Easy	9 Miles	7 Miles Easy Run Strides After Run	3 Miles WU 3x1 Mile at Tempo 2 Min Recovery 2 Miles CD	Easy Run 3 Miles or Cross Train	Long Run 14 Miles or 1:45 Max

\*Cross Train - Is anything that is not running. Biking, Hiking, Yoga etc. 30 Minutes to 60 Minutes in duration. This doesn't include strength or core work that you do.

\*Easy Run - This should be run at 1:30 to 2:00 minutes slower than your goal 5k pace. Example: Goal 5k pace = 7:00 Easy Run = 8:30-9:00 per mile

\*Run where no effort or pace is suggested. These runs should be 1:00-1:30 slower than your 5k pace. Example: Goal 5k pace = 7:00 Run = 8:00-8:30

\*Long Runs should start as an easy pace and progress as the run goes along.

\*Strides are 4-6x100 meters at a pace that is between Mile and 5k pace. Take 100 walk/slow jog recovery

\* Effort WO's - 5k Effort - is the effort you think you could hold for a flat 5k at that time. Easy is a slow jog

\* Tempo = :30-:45 seconds slower than goal 5k pace. Example: Goal 5k pace = 7:00 Tempo = 7:30-:45