

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	8 miles	rest	3 easy	4 steady	3 easy	rest	rest
2	8 miles	rest	4 easy	5 steady	4 easy	rest	3easy
3	10 miles	rest	4 easy	6 steady	4 easy	rest	4 easy
4	10 miles	rest	5 easy	6 Easy	5 easy	rest	5 easy
5	12 miles	rest	4 easy	6 Steady	4 easy	rest	4 steady
6	14 miles	rest	5 easy	6 Easy	5 easy	rest	5 steady
7	16 miles	rest	6 easy	8 Steady	6 easy	rest	5 easy
8	18 miles	rest	6x short hills	8 Easy	6 easy	rest	6 easy
9	20 miles	rest	6 easy	10 Easy	4 x long hills	rest	4 fartlek
10	22 miles	rest	6 easy	10 Steady	6 easy	rest	6 tempo
11	20 miles	rest	8x short hills	12 Easy	8 easy	rest	5 fartlek
12	18 miles	rest	6 steady	10 Easy	6x long hills	rest	5 stedy
13	16 miles	rest	6 steady	8 Easy	6 steady	rest	4 steady
14	14 miles	rest	10x short hills	6 steady	4steady	rest	4 easy
15	10-12 miles	rest	rest	4 Easy	rest	rest	2 easy
	SUNDAY RUN AT LEAST 1 MIN PER MILE SLOWER THAN MARATHON PACE	EASY RUN AT MARATHON PACE	STEADY RUN AT 1/2 MARATHON PACE	FAST RUN AT 10K PACE	SHORT HILLS - WARM UP 15 MINS FIND HILL NOT TOO STEEP NO LONGER THAN 1 MIN EFFORT 15 MIN WARM DOWN	LONG HILLS FIND A HILL NOT TOO STEEP MUST BE AT LEAST 2 MINS OF EFFORT 15 MIN WARM UP AND DOWN	