|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | ***Mon*** | ***Tues*** | ***Wed*** | ***Thurs*** | ***Fri*** | ***Sat*** | ***Sun*** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | |
| **Week 1** | ***Novice*** |  | Rest | 3 miles | 3 miles | 3 miles+strength | Rest | 6 miles | Cross+strength |
|  | ***Intermediate*** |  | 3 miles | 5 miles+strength | 3 miles | Rest | 4 miles @ pace | 8 miles | Cross+strength |
|  | ***Advanced*** |  | 5 miles | 3 miles+strength | 4 x hill | Rest | 5 miles @ pace | 10 miles | 3 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 3 miles | 3 miles | Rest | 6 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 2** | ***Novice*** |  | Rest | 3 miles | 3 miles | 3 miles+strength | Rest | 7 miles | Cross+strength |
|  | ***Intermediate*** |  | 3 miles | 5 miles+strength | 3 miles | Rest | 5 miles | 9 miles | Cross+strength |
|  | ***Advanced*** |  | 5 miles | 3 miles+strength | 30 tempo | Rest | 5 miles | 11 miles | 3 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 3 miles | 3 miles | Rest | 7 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 3** | ***Novice*** |  | Rest | 3 miles | 4 miles | 3 miles+strength | Rest | 5 miles | Cross+strength |
|  | ***Intermediate*** |  | 3 miles | 5 miles+strength | 3 miles | Rest | 5 miles @ pace | 6 miles | Cross+strength |
|  | ***Advanced*** |  | 6 miles | 3 miles+strength | 4 x 800 | Rest | 6 miles @ pace | 8 miles | 4 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 4 miles | 3 miles | Rest | 5 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 4** | ***Novice*** |  | Rest | 3 miles | 4 miles | 3 miles+strength | Rest | 9 miles | Cross+strength |
|  | ***Intermediate*** |  | 3 miles | 6 miles+strength | 3 miles | Rest | 6 miles @ pace | 11 miles | Cross+strength |
|  | ***Advanced*** |  | 6 miles | 3 miles+strength | 4 x hill | Rest | 6 miles @ pace | 13 miles | 4 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 4 miles | 3 miles | Rest | 9 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 5** | ***Novice*** |  | Rest | 3 miles | 5 miles | 3 miles+strength | Rest | 10 miles | Cross+strength |
|  | ***Intermediate*** |  | 3 miles | 6 miles+strength | 3 miles | Rest | 6 miles | 12 miles | Cross+strength |
|  | ***Advanced*** |  | 7 miles | 3 miles+strength | 35 tempo | Rest | 7 miles | 14 miles | 4 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 5 miles | 3 miles | Rest | 10 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 6** | ***Novice*** |  | Rest | 3 miles | 5 miles | 3 miles+strength | Rest | 7 miles | Cross+strength |
|  | ***Intermediate*** |  | 3 miles | 5 miles+strength | 3 miles | Rest | 6 miles @ pace | 9 miles | Cross+strength |
|  | ***Advanced*** |  | 7 miles | 4 miles+strength | 5 x 800 | Rest | 7 miles @ pace | 10 miles | 4 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 5 miles | 3 miles | Rest | 7 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 7** | ***Novice*** |  | Rest | 3 miles | 6 miles | 3 miles+strength | Rest | 12 miles | Cross+strength |
|  | ***Intermediate*** |  | 4 miles | 7 miles+strength | 4 miles | Rest | 7 miles @ pace | 14 miles | Cross+strength |
|  | ***Advanced*** |  | 8 miles | 4 miles+strength | 5 x hill | Rest | 8 miles @ pace | 16 miles | 4 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 6 miles | 3 miles | Rest | 12 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 8** | ***Novice*** |  | Rest | 3 miles+strength | 6 miles | 3 miles+strength | Rest | 13 miles | Cross+strength |
|  | ***Intermediate*** |  | 4 miles | 7 miles+strength | 4 miles | Rest | 7 miles | 15 miles | Cross+strength |
|  | ***Advanced*** |  | 8 miles | 4 miles+strength | 40 tempo | Rest | 8 miles | 17 miles | 5 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 6 miles | 3 miles | Rest | 13 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 9** | ***Novice*** |  | Rest | 3 miles+strength | 7 miles | 4 miles+strength | Rest | 10 miles | Cross+strength |
|  | ***Intermediate*** |  | 4 miles | 5 miles+strength | 4 miles | Rest | 7 miles @ pace | 11 miles | Cross+strength |
|  | ***Advanced*** |  | 9 miles | 4 miles+strength | 6 x 800 | Rest | 9 miles @ pace | 12 miles | 5 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 7 miles | 4 miles | Rest | 10 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 10** | ***Novice*** |  | Rest | 3 miles | 7 miles | 4 miles+strength | Rest | 15 miles | Cross+strength |
|  | ***Intermediate*** |  | 4 miles | 8 miles+strength | 4 miles | Rest | 8 miles @ pace | 17 miles | Cross+strength |
|  | ***Advanced*** |  | 9 miles | 4 miles+strength | 6 x hill | Rest | 9 miles @ pace | 19 miles | 5 miles+strength |
|  | ***Run/Walk*** |  | Rest | 3 miles | 7 miles | 4 miles | Rest | 15 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 11** | ***Novice*** |  | Rest | 4 miles | 8 miles | 4 miles+strength | Rest | 16 miles | Cross+strength |
|  | ***Intermediate*** |  | 5 miles | 8 miles+strength | 5 miles | Rest | 8 miles | 18 miles | Cross+strength |
|  | ***Advanced*** |  | 10 miles | 5 miles+strength | 45 tempo | Rest | 10 miles | 20 miles | 4 miles+strength |
|  | ***Run/Walk*** |  | Rest | 4 miles | 8 miles | 4 miles | Rest | 16 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 12** | ***Novice*** |  | Rest | 4 miles | 8 miles | 5 miles+strength | Rest | 12 miles | Cross+strength |
|  | ***Intermediate*** |  | 5 miles | 5 miles+strength | 5 miles | Rest | 8 miles @ pace | 13 miles | Cross+strength |
|  | ***Advanced*** |  | 6 miles | 5 miles+strength | 7 x 800 | Rest | 6 miles @ pace | 12 miles | 6 miles+strength |
|  | ***Run/Walk*** |  | Rest | 4 miles | 8 miles | 5 miles | Rest | 12 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 13** | ***Novice*** |  | Rest | 4 miles | 9 miles | 5 miles+strength | Rest | 18 miles | Cross+strength |
|  | ***Intermediate*** |  | 5 miles | 8 miles+strength | 5 miles | Rest | 5 miles @ pace | 20 miles | Cross+strength |
|  | ***Advanced*** |  | 10 miles | 5 miles+strength | 7 x hill | Rest | 10 miles @ pace | 20 miles | 6 miles+strength |
|  | ***Run/Walk*** |  | Rest | 4 miles | 9 miles | 5 miles | Rest | 18 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 14** | ***Novice*** |  | Rest | 5 miles | 9 miles | 5 miles | Rest | 14 miles | Cross+strength |
|  | ***Intermediate*** |  | 5 miles | 5 miles+strength | 5 miles | Rest | 8 miles | 14 miles | Cross+strength |
|  | ***Advanced*** |  | 6 miles | 5 miles+strength | 45 tempo | Rest | 6 miles @ pace | 14 miles | 6 miles+strength |
|  | ***Run/Walk*** |  | Rest | 5 miles | 9 miles | 5 miles | Rest | 14 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 15** | ***Novice*** |  | Rest | 5 miles | 10 miles | Strength | 5 miles | Rest | **20-miler** |
|  | ***Intermediate*** |  | 5 miles | 8 miles+strength | 5 miles | Rest | 5 miles | Rest |
|  | ***Advanced*** |  | 10 miles | 5 miles+strength | 8 x 800 | Rest | 5 miles | Rest |
|  | ***Run/Walk*** |  | Rest | 5 miles | 10 miles | 5 miles | Rest | 5 miles |
|  |  |  |  |  |  |  |  |  |  |
| **Week 16** | ***Novice*** |  | Rest | 5 miles | 8 miles | 4 miles | Rest | 12 miles | Cross+strength |
|  | ***Intermediate*** |  | 5 miles | 6 miles+strength | 5 miles | Rest | 4 miles @ pace | 12 miles | Cross+strength |
|  | ***Advanced*** |  | 8 miles | 5 miles+strength | 6 x hill | Rest | 4 miles@ pace | 12 miles | 4 miles+strength |
|  | ***Run/Walk*** |  | Rest | 5 miles | 8 miles | 4 miles | Rest | 12 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 17** | ***Novice*** |  | Rest | 4 miles | 6 miles | 3 miles | Rest | 8 miles | Cross |
|  | ***Intermediate*** |  | 4 miles | 5 miles | 4 milest | Rest | 3 miles | 8 miles | Cross |
|  | ***Advanced*** |  | 6 miles | 4 miles | 30 tempo | Rest | 4 miles | 8 miles | 3 miles |
|  | ***Run/Walk*** |  | Rest | 4 miles | 6 miles | 3 miles | Rest | 8 miles | Cross |
|  |  |  |  |  |  |  |  |  |  |
| **Week 18** | ***Novice*** |  | Rest | 3 miles | 4 miles | 2 miles | Rest | Rest | **Marathon**  **Day** |
|  | ***Intermediate*** |  | 3 miles | 4 miles | Rest | Rest | 2 miles | Rest |
|  | ***Advanced*** |  | 4 miles | 3 miles | 4 x 400 | Rest | 2 miles | Rest |
|  | ***Run/Walk*** |  | Rest | 3 miles | 4 miles | 2 miles | Rest | Rest |
|  |  |  |  |  |  |  |  |  |  |