




		Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
4-Jan	10-Jan	16	REST	3	2	3	2	CROSS	5	15
11-Jan	17-Jan	15	REST	3	2	6	2	CROSS	7	20
18-Jan	24-Jan	14	REST	3	3	6	2	CROSS	9	23
25-Jan	31-Jan	13	REST	3	3	5	3	CROSS	7	21
1-Feb	7-Feb	12	REST	3	4	7	3	CROSS	11	28
8-Feb	14-Feb	11	REST	3	4	6	4	CROSS	13	30
15-Feb	21-Feb	10	REST	3	4	8	3	CROSS	15	33
22-Feb	28-Feb	9	REST	3	5	10	4	CROSS	17	39
1-Mar	7-Mar	8	REST	4	4	7	4	CROSS	anthm 5k	22.1
8-Mar	14-Mar	7	REST	3	4	12	4	CROSS	20	43
15-Mar	21-Mar	6	REST	4	5	11	3	CROSS	city run 10k	29.2
22-Mar	28-Mar	5	REST	4	4	12	4	CROSS	21	45
29-Mar	4-Apr	4	REST	3	4	8	4	CROSS	15	33
5-Apr	11-Apr	3	REST	3	4	6	2	CROSS	papa john's 10 mile	25
12-Apr	18-Apr	2	REST	2	3	4	3	CROSS	7	19
19-Apr	25-Apr	1	REST	3	2	3	2	REST	MARATHON	10
										
H = hills										
S = speedwork										
MMP = miniMarathon pace										
MP = marathon										
E = easy										


		Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
4-Jan	10-Jan	16	CROSS	3	3	5-MP	REST	3	6	20
11-Jan	17-Jan	15	CROSS	3	3	6- S	REST	3	8	23
18-Jan	24-Jan	14	CROSS	3	3	6 MP	REST	3	10	25
25-Jan	31-Jan	13	CROSS	3	3	6 S	REST	3	8	23
1-Feb	7-Feb	12	CROSS	3	3	6 MP	REST	3	12	27
8-Feb	14-Feb	11	CROSS	4	4	6 S	REST	3	14	31
15-Feb	21-Feb	10	CROSS	3	3	9 MP	REST	3	17	35
22-Feb	28-Feb	9	CROSS	5	4	12 MP	REST	3	20	44
1-Mar	7-Mar	8	CROSS	5	5	6 S	REST	5	anthem 5k	24.1
8-Mar	14-Mar	7	CROSS	5	5	14 MP	REST	4	22	50
15-Mar	21-Mar	6	CROSS	5	5	6 S	REST	4	city run 10k	26.2
22-Mar	28-Mar	5	CROSS	5	5	12 MP	REST	3	23	48
29-Mar	4-Apr	4	CROSS	5	5	10 MP	REST	4	17	38
5-Apr	11-Apr	3	CROSS	4	4	9 MP	REST	3	papa john's 10 mile	29
12-Apr	18-Apr	2	CROSS	3	3	4 S	REST	3	8	21
19-Apr	25-Apr	1	CROSS	3	3	2	REST	1	MARATHON	9
										
H = hills S = speedwork MMP = miniMarathon pace MP = marathon E = easy										


		Week #	Sunday - easy	Monday - easy	Tuesday - easy	Wednesday - mp/s	Thursday - rest	Friday - rest	Saturday - long & slow	Weekly Mileage
4-Jan	10-Jan	16	3	4	3	5 MP	3	REST	8	26
11-Jan	17-Jan	15	3	5	3	5 S	3	REST	10	29
18-Jan	24-Jan	14	3	5	3	6 S	3	REST	13	33
25-Jan	31-Jan	13	3	6	3	8 MP	3	REST	15	38
1-Feb	7-Feb	12	4	5	3	6 S	3	REST	10	31
8-Feb	14-Feb	11	4	4	4	9 MP	3	REST	18	42
15-Feb	21-Feb	10	4	4	4	11 MP	4	REST	20	47
22-Feb	28-Feb	9	4	4	4	9 S	3	REST	12	36
1-Mar	7-Mar	8	4	3	4	13 MP	3	REST	22	49
8-Mar	14-Mar	7	3	2	4	10 S	2	REST	14	35
15-Mar	21-Mar	6	4	3	4	16 MP	3	REST	24	54
22-Mar	28-Mar	5	4	3	4	13 MP	3	REST	22	49
29-Mar	4-Apr	4	4	4	4	13 MP	4	REST	18	43
5-Apr	11-Apr	3	4	3	5	10 S	4	REST	PAPA JOHN'S	36
12-Apr	18-Apr	2	3	2	4	6 S	3	REST	8	32
19-Apr	25-Apr	1	2	3	2	3		1	MARATHON	18
										
H = hills S = speedwork MMP = miniMarathon pace MP = marathon E = easy										

		Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
4-Jan	10-Jan	16	rest	2	1	2	2	cross	3	10
11-Jan	17-Jan	15	rest	3	1	3	2	cross	4	13
18-Jan	24-Jan	14	rest	4	1	4	1	cross	5	15
25-Jan	31-Jan	13	rest	4	2	4	1	cross	5	16
1-Feb	7-Feb	12	rest	5	1	4	2	cross	6	18
8-Feb	14-Feb	11	rest	5	2	5	1	cross	7	20
15-Feb	21-Feb	10	rest	5	2	5	2	cross	8	22
22-Feb	28-Feb	9	rest	5	2	5	3	cross	9	24
1-Mar	7-Mar	8	rest	4	3	5	3	cross	anthem 5k	18.1
8-Mar	14-Mar	7	rest	5	2	5	3	cross	10	25
15-Mar	21-Mar	6	rest	4	3	6	3	cross	city run 10k	22.2
22-Mar	28-Mar	5	rest	5	4	7	3	cross	11	30
29-Mar	4-Apr	4	rest	4	4	5	3	cross	8	24
5-Apr	11-Apr	3	rest	4	3	4	2	cross	papa john's 10 mile	23
12-Apr	18-Apr	2	rest	3	3	4	2	cross	5	17
19-Apr	25-Apr	1	rest	4	3	3	rest	1	miniMarathon	

H = hills
 S = speedwork
 MMP = miniMarathon pace
 MP = marathon
 E = easy



		Week #	Sunday	Monday-easy	Tuesday-easy	Wednesday-MMP/E	Thursday	Friday-easy	Saturday-long & slow	Weekly Mileage
4-Jan	10-Jan	16	cross	2	2	2 S	3	3	4	16
11-Jan	17-Jan	15	cross	3	2	3 MMP	4	3	5	20
18-Jan	24-Jan	14	cross	3	3	3 S	3	4	6	22
25-Jan	31-Jan	13	cross	3	2	4 MMP	4	3	5	21
1-Feb	7-Feb	12	cross	3	4	4 S	4	4	7	26
8-Feb	14-Feb	11	cross	3	4	5 MMP	4	4	8	28
15-Feb	21-Feb	10	cross	3	4	4 MMP	4	4	10	29
22-Feb	28-Feb	9	cross	4	5	5 S	6	6	11	37
1-Mar	7-Mar	8	cross	4	5	6 MMP	4	4	anthem 5k	26.1
8-Mar	14-Mar	7	cross	5	4	5 MMP	5	5	12	36
15-Mar	21-Mar	6	cross	4	5	6 S	5	5	city run 10k	31.2
22-Mar	28-Mar	5	cross	5	4	6 MMP	4	4	12	35
29-Mar	4-Apr	4	cross	5	4	7 S	5	5	9	35
5-Apr	11-Apr	3	cross	4	3	4 MMP	4	4	papa john's 10 mile	29
12-Apr	18-Apr	2	cross	5	3	3 S	4	4	6	25
19-Apr	25-Apr	1	cross	4	3	3 E	1	1	miniMarathon	
										
H = hills										
S = speedwork										
MMP = miniMarathon pace										
MP = marathon										
E = easy										

		Week #	Sunday-easy	Monday-H/S	Tuesday-easy	Wednesday-MMP/E	Thursday	Friday	Saturday-long & slow	Weekly Mileage + speedwork
4-Jan	10-Jan	16	3	4 X HILL	3	2 E	3	REST	6	17
11-Jan	17-Jan	15	3	4 X 800	3	3 MMP	3	REST	7	19
18-Jan	24-Jan	14	3	8 X 400	3	3 E	3	REST	8	20
25-Jan	31-Jan	13	4	2 X 1600	3	4 MMP	4	REST	5	20
1-Feb	7-Feb	12	4	6 X HILL	3	5 E	4	REST	8	24
8-Feb	14-Feb	11	3	7 X 400	2	4 MMP	3	REST	9	21
15-Feb	21-Feb	10	4	7 X HILL	4	5 E	5	REST	10	28
22-Feb	28-Feb	9	4	8 X 400	4	6 MMP	4	REST	11	29
1-Mar	7-Mar	8	4	8 X HILL	6	4 E	6	REST	anthem 5k	23.1
8-Mar	14-Mar	7	4	6 X 400	5	7 MMP	4	REST	13	33
15-Mar	21-Mar	6	4	4 X 800	5	5 E	6	REST	city run 10k	26.2
22-Mar	28-Mar	5	4	6 X HILL	4	8 MMP	4	REST	13	33
29-Mar	4-Apr	4	3	5 X 800	4	7E	4	REST	9	31
5-Apr	11-Apr	3	3	2 X 1600	3	6 MMP	3	REST	papa john's 10 mile	25
12-Apr	18-Apr	2	3	6 X 800	3	4 E	3	REST	6	19
19-Apr	25-Apr	1	3	6 X 400	2	3 E	REST	1	MINI MARATHON	9
										
H = hills S = speedwork MMP = miniMarathon pace MP = marathon E = easy										