



SET A NEW PR



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	RUN	DAY OFF	RUN	RUN	RUN	DAY OFF
25 miles	4 miles It's your first day of training. Get out there and crush 4 miles to kick it off right.	5 miles It's day two of training and you're getting after it in a big way. Go hard for 5 miles, you can rest tomorrow.	Rest Today's your day. Take it easy with a day of rest.	6 miles Building your base is important. Tackle 6 miles on today's run.	4 miles Today's run calls for 4 miles. Get into the mindset and go.	6 miles Enjoy your 6 miles on today's run. Any time, any terrain.	Rest Kick your legs up. Enjoy your day off.
1							
TOTAL MILEAGE	RUN	RUN	RUN	RUN	DAY OFF	LONG RUN	RUN
37 miles	5 miles Kick off week 2 with a solid 5-mile run.	7 miles Your miles are being bumped up. Hit the trails, the track or the road to log 7 miles.	5 miles Take on another 5 mile run. Try mixing up your route to keep things interesting.	7 miles Run 7 miles today. It's all you.	Rest The day you've been waiting for: Rest day.	9 miles 9 miles today. With the last few weeks of running you're more than ready for the challenge.	4 miles Crank out 4 miles today. Try picking up the pace here and there to keep things interesting.
2							
TOTAL MILEAGE	WORKOUT	WORKOUT	RUN	WORKOUT	RUN	LONG RUN	DAY OFF
39 miles	4 miles with Strides Fit some strides into your workout. Log a 4-mile run and then do 8 x 100m strides after.	Cross Training Today's your day. Take it easy with a day of rest.	8 miles Today's your day to knock 8 miles out of the park. Bring it.	7-mile Tempo Kick this workout off with 2 miles at an easy pace, then tackle 3 miles at Marathon pace. Finish with a nice and easy 2-mile cool down.	8 miles Run 8 miles today and mentally prepare for tomorrow's long run.	11 miles Saturday means a long run. Hit the road and run 11 miles today.	Rest Enjoy your day off today, you earned it.
3							
TOTAL MILEAGE	TRACK	RUN	DAY OFF	WORKOUT	RUN	LONG RUN	RUN
42 miles	Short Interval Kick it off with a 1.5-mile warm up, then run 8 x 200m with a 200m recovery run at a 5K pace between each rep. Finish the workout with an 1.5-mile cool down.	7 miles Get out there and knock out 7 miles today. No excuses.	Rest You've been working hard. Take today off and rest your legs.	7-mile Tempo Do a 1.5-mile warm up, run 3 miles at Half Marathon pace, take a 3-minute break, then knock out 1 mile at Half Marathon pace. Finish it up with a 1.5-mile cool down.	7 miles It's your second 7-miler this week. Try to go a little bit faster than Tuesday.	12 miles Today's your long run. Get out there and crush 12 miles.	4 miles Yesterday's long run was tough, which will make today feel easy. Enjoy the 4-mile recovery run.
4							
TOTAL MILEAGE	TRACK	RUN	RUN	WORKOUT	DAY OFF	LONG RUN	WORKOUT
43 miles	Long Intervals Start with a 1.5-mile warm up, then run 3 x 1 mile, allowing yourself 400m recovery at 10K pace between reps. Finish it up with a 1.5-mile cool down.	8 miles Stay focused, stay motivated. Go for an 8 mile run today.	6 miles Today's your day to own 6 miles. Time to get it.	7-mile Tempo Start with a 1.5-mile warm up, then run 4 miles at Half Marathon pace, finish off the workout with a 1.5-mile cool down.	Rest Take it easy today. With all of your workouts and runs, you deserve it.	15 miles Run 15 miles today, but be sure to take it at an easy pace.	Cross Training Do 30 - 45 minutes of aerobic activity. After yesterday's long run, you'll need it to keep your muscles loose.
5							



SET A NEW PR



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	TRACK	RUN	RUN	WORKOUT	LONG RUN	DAY OFF
31 miles 6	7 miles It's your lucky day. Knock out a 7-mile run.	Short Intervals Start with a 1.5-mile warm up, then do 6 x 400m at 5K pace with 2-minute rest periods between each rep, and finish it off with a 1.5-mile cool down.	5 miles Just a drop in the bucket: 5 miles, please.	5 miles Another drop in the bucket: another 5 miles.	3 miles with Strides Run 3 miles, then do 5 x 100m strides at race pace. Remember to do your strides on a straight, flat surface.	5K or 10K Race Get into race day mentality. Take on a 5K or a 10K to prep for the Marathon ahead.	Rest Take today off and give yourself a breather after yesterday's race.
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	DAY OFF	LONG RUN	RUN
46 miles 7	8 miles Start this week off fresh with 8 miles.	Hills Start with a 1.5-mile warm up, followed by 10 x 30-second runs up a gradual hill, jogging downhill to recover. Finish the workout with a simple, 1.5-mile cool down.	6 miles Today's 6 miles is going to feel great. Get out there and go.	8-mile Tempo Start with a 1.5-mile warm up, then tackle 3 miles at Half Marathon pace, take a 3-minute rest, then crush 2 miles at Half Marathon pace, and finish with a 1.5-mile cool down. It's all you.	Rest You've kicked some serious butt this week. Enjoy your day off.	15 miles Take these 15 miles at an easy pace today.	5 miles After yesterday's long run, take these 5 miles nice and easy.
TOTAL MILEAGE	TRACK	RUN	RUN	DAY OFF	RUN	LONG RUN	DAY OFF
44 miles 8	Long Intervals Start with a 1.5-mile warm up, then run 5 x 800m at 5K pace with a 400m recovery jog between each rep. Once you've completed the long intervals, run 1.5 miles to cool down.	6 miles Get ready to crush 6 miles like never before.	9 miles Push yourself and run 9 miles today.	Rest Take today off to rest. After yesterday's 9-miler, you could use it.	7 miles Kick off the weekend with a nice 7-mile run.	15 miles Log 4 miles at an easy pace, tackle 7 miles at Marathon pace, and complete the workout with 4 easy miles.	Rest Rest up. You earned it.
TOTAL MILEAGE	RUN	TRACK	RUN	DAY OFF	WORKOUT	LONG RUN	DAY OFF
34 miles 9	8 miles Another week of training down. Jump start week 9 with 8 miles.	Short Intervals Hit the track and log a 1.5-mile warm up, then run 8 x 200m with 200m recovery between each rep. Start the workout off at a 5K pace and try to shave seconds off your time during each rep.	6 miles Take on 6 miles today. You've got this.	Rest It's time to rest. Enjoy your day off.	3 miles with Strides Start off with a 1.5-mile warm up, then take on 4 x 200m strides at race pace. Cool down with another 1.5-miles. And remember to do your strides at a track or on grass, if possible.	Half Marathon Race Take on 13.1 and get yourself mentally ready for the big race. Be sure to practice how you take water to get ready for the Marathon.	Rest You went hard yesterday. Take it easy today.
TOTAL MILEAGE	RUN	RUN	RUN	WORKOUT	RUN	TRACK	DAY OFF
31 miles 10	6 miles Take on 6 miles at an easy pace to recover fully from Saturday's Half Marathon.	7 miles Stay on track. Run 7 miles today.	5 miles Take it easy with a nice 5 miler.	Cross Training Take it easy today, either cross train for 30 minutes or complete a NTC workout.	7 miles Today's run calls for 7 miles. Go get it.	Long Intervals Do a 1.5-mile warm up, then run 1 mile, 1200m, 800m, 400m with 400m recovery jog between each rep. Start the intervals at a 10K pace and work down to faster than 5K pace. Finish with a 1.5-mile cool down.	Rest Great effort this week. Enjoy your day off.



SET A NEW PR



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	TRACK	RUN	RUN	WORKOUT	DAY OFF	LONG RUN
51 miles	7 miles It's Monday, time to get back to business. Log 7 miles today.	Short Intervals Start with a 1.5-mile warm up, do 8 x 200m with a 200m recovery jog between each set. Start the workout at a 5K effort and working down, shaving seconds off with every rep. Finish the workout with a 1.5-mile cool down.	6 miles Today's 6 miles is going to feel great. Get moving.	8 miles Take on 8 miles. You've got this.	9-mile Tempo Start with a 1.5-mile warm up, then do 6 miles of alternating 800m at Half Marathon pace and 800m at a steady pace in between your distance run and Marathon pace. Do a 1.5-mile cool down.	Rest It's Saturday — rest up and recover.	17 miles You've got this long run. Get ready to crush 17 miles. Today's a great time to practice your fueling strategy for race day.
11							
TOTAL MILEAGE	RUN	RUN	RUN	DAY OFF	RUN	LONG RUN	DAY OFF
43 miles	5 miles After yesterday's run be sure to take these 5 miles nice and slow.	9 miles Bump the mileage up a bit from yesterday and run 9 miles today.	6 miles Hit the ground running: 6 miles to be exact.	Rest Take today off. You've earned it.	5 miles Nothing like a 5-mile Friday.	18 miles Kick today's run off with 4 miles at an easy pace, then dial it up to 10 miles at Marathon pace, and then slow it back down to 4 miles, easy.	Rest Yesterday, you practiced your marathon pace. Today, practice resting your legs.
12							
TOTAL MILEAGE	RUN	TRACK	RUN	RUN	WORKOUT	DAY OFF	LONG RUN
43 miles	5 miles 5 miles has your name written all over it.	Short Intervals Do a 1.5-mile warm up, then run 8 x 200m at a 5K pace, with a 200m recovery jog between reps. Run 4 x 30-second hill workout, using the downhill as recovery. Finish the workout with a 1.5-mile cool down.	7 miles Earn those endorphins. Run 7 miles today.	5 miles You've done it once this week, now do it again. Run 5 miles today.	7-mile Tempo Start with a 1.5-mile warm up, take on 4 miles at Half Marathon pace, and complete the workout with a 1.5-mile cool down.	Rest Take today off and get pumped for tomorrow's long run.	14 miles You're a few weeks out from race day. Enjoy a nice 14-mile run today and know you're almost there.
13							
TOTAL MILEAGE	RUN	TRACK	DAY OFF	RUN	DAY OFF	LONG RUN	RUN
37 miles	5 miles Get after 5 miles today.	Long Intervals Start with a 1.5-mile warm up, run 4 x 1 mile at Half Marathon pace, slow it down to a 10K pace with 600m recovery jog between each rep. Finish the workout strong with a 1.5-mile cool down.	Rest Intervals are tough. Take today off.	6 miles Log 6 miles today. You're almost there.	Rest As race day approaches it's important to slow it down. Take today off.	12 miles Today's long run calls for 12 miles. Get out there and crush it.	6 miles Enjoy your first day of taper with a 6-mile run.
14							
TOTAL MILEAGE	RUN	DAY OFF	TRACK	RUN	DAY OFF	WORKOUT	RACE DAY
51 miles	6 miles Time to slow it down for race day. Log 6 miles at an easy pace as you enter race week.	Rest Rest your legs. Race day is just around the corner.	Short Intervals Start with a 1.5-mile warm up, take on 2 miles at Marathon pace, 4 x 200m at Half Marathon pace, and complete the workout with a 1.5-mile cool down.	5 miles Take it easy with a relaxed 5 miles today.	Rest This is your final day off before race day. Enjoy it.	1.5 miles with Strides Enjoy a 1.5-mile warm up, and finish up with 6 x 100m strides to loosen up for the big day. Remember to stay on grass for the strides.	Marathon Today's your day. And tomorrow you can say you ran a Marathon.
15							