

	Start of Week (Sunday)		Run 1	Speed Work (Run 2)	Run 3	Long Run (Run 4)	End of Week (Saturday)
1	06/25/2017	Mileage	3-5 Miles at Easy to Maintenance Pace	4 sets of 400m repeats at 400m pace.	3-5 Miles at Recovery to Easy Pace	10-12 miles at Long Run Pace	07/01/2017
2	07/02/2017	Mileage	3-5 miles at Easy to Maintenance Pace	2-3 miles of hill repeats/hill running at Maintenance Pace	3-5 Miles at Recovery to Easy Pace	12-14 miles at Long Run Pace	07/08/2017
3	07/09/2017	Mileage	3-5 Miles at Easy to Maintenance Pace	6 sets of 400m repeats at 400m pace	3-5 Miles at Recovery to Easy Pace	8-10 miles at Long Run Pace	07/15/2017
4	07/16/2017	Mileage	3-5 miles at Easy to Maintenance Pace	4 sets of 800m repeats at 800m pace	3-5 Miles at Recovery to Easy Pace	12-14 miles Long Run Pace	07/22/2017
5	07/23/2017	Mileage	3-5 Miles at Easy to Maintenance Pace	2-3 miles of hill repeats/hill running at Maintenance Pace	3-5 Miles at Recovery to Easy Pace	14-16 miles Long Run Pace	07/29/2017
6	07/30/2017	Mileage	4-6 Miles at Easy to Maintenance Pace	6 sets of 800m repeats at 800m pace	4-6 Miles at Recovery to Easy Pace	8-10 miles Long Run Pace	08/05/2017
7	08/06/2017	Mileage	4-6 miles at Easy to Maintenance Pace	3 sets of 1600m repeats at 1600m pace	4-6 Miles at Recovery to Easy Pace	14-16 miles Long Run Pace	08/12/2017
8	08/13/2017	Mileage	4-6 Miles at Easy to Maintenance Pace	3-4 miles of hill repeats/hill running at Maintenance Pace	4-6 Miles at Recovery to Easy Pace	16-18 miles Long Run Pace	08/19/2017
9	08/20/2017	Mileage	4-6 miles at Easy to Maintenance Pace	6-8 sets of 800m repeats at 800m pace	4-6 Miles at Recovery to Easy Pace	8-10 miles Long Run Pace	08/26/2017
10	08/27/2017	Mileage	4-6 Miles at Easy to Maintenance Pace	4 sets of 1600m repeats at 1600m pace	4-6 Miles at Recovery to Easy Pace	16-18 miles Long Run Pace	09/02/2017
11	09/03/2017	Mileage	4-6 miles at Easy to Maintenance Pace	3-4 miles of hill repeats/hill running at Maintenance Pace	4-6 Miles at Recovery to Easy Pace	18-20 miles Long Run Pace	09/09/2017
12	09/10/2017	Mileage	5-8 miles at Easy to Maintenance Pace	4-5 sets of 1600m repeats at 1600m pace	5-8 Miles at Recovery to Easy Pace	8-10 miles Long Run Pace	09/16/2017
13	09/17/2017	Mileage	5-8 Miles at Easy to Maintenance Pace	3 sets of 2000m repeats at 1600m pace	5-8 Miles at Recovery to Easy Pace	18-20 miles Long Run Pace	09/23/2017
14	09/24/2017	Mileage	5-8 miles at Easy to Maintenance Pace	4-5 miles of hill repeats/hill running at Maintenance Pace	5-8 Miles at Recovery to Easy Pace	20-22 miles Long Run Pace	09/30/2017
15	10/01/2017	Mileage	5-8 Miles at Easy to Maintenance Pace	4-5 sets of 1600m repeats at 1600m pace	5-8 Miles at Recovery to Easy Pace	10-14 miles Long Run Pace	10/07/2017
16	10/08/2017	Mileage	5-8 miles at Easy to Maintenance Pace	8-10 800m repeats at 800m pace	5-8 Miles at Recovery to Easy Pace	8-12 miles Long Run Pace	10/14/2017
17	10/15/2017	Mileage	4-6 miles at Easy to Maintenance Pace	REST!	3-5 Miles at Easy to Maintenance Pace	3-5 miles Long Run Pace	10/21/2017
RACE	10/22/2017	Mileage	Race Day! Remember to go out easy and get into the flow of things. You don't have to bolt out at your goal pace, give yourself a miles or so to get up to pace. Stay at even effort through hills and valleys. Don't try to make up time on the front end of the race. Stay consistent with effort (1) and pace (2). Stick to your hydration and energy schedule. If you are thirsty, get more hydration, but do not skip your hydration, period. Recalculate your effort at the halfway point to see if you want to pick up the pace a little bit or stay consistent. Recalculate again at 20 miles. Now go out there and kick that race's butt!				10/28/2017