

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Mileage	Date
1	2	2	2	2	OFF	8	2	18	12-Jun
2	3	2	2	OFF	2	9	2	20	19-Jun
3	3	2	4 (Speed)	OFF	2	10	3	26	26-Jun
4	3	3	5 (Speed)	OFF	3	10	3	29	3-Jul
5	3	3	5 (Speed)	OFF	3	12	3	31	10-Jul
6	3	3	5 (Speed)	OFF	3	10	3	29	17-Jul
7	3	3	5 (Speed)	OFF	3	14	3	33	24-Jul
8	4	4	12 x 400; 400 R	OFF	4	10	4	34	31-Jul
9	4	3	8 x 600; 400 R	OFF	3	16	5	38	7-Aug
10	4	4	6 x 800; 400 R	OFF	5	10	4	33	14-Aug
11	5	4	5 x 1K; 400 R	OFF	8	12	4	39	21-Aug
12	5	4	4 x 1200; 400 R	OFF	6	18	4	43	28-Aug
13	5	OFF	6 x 1M; 400 R	5	6	12	6	43.5	4-Sep
14	8	OFF	Yasso 800s (10x800)	6	8	10	5	44.5	11-Sep
15	8	OFF	6 x 1M; 400 R	5	5	20	7	54.5	18-Sep
16	8	OFF	4 x 1.5M; 800 R	5	8	13	5	49	25-Sep
17	9	OFF	3 x 2M; 800 R	5	8	10	5	46.5	2-Oct
18	9	OFF	2 x 3M; 1M R	6	6	22	7	60	9-Oct
19	9	OFF	3 x 2M; 800 R	5	8	Baltimore H	5	49.5	16-Oct
20	10	OFF	2 x 3M; 1M R	5	6	16	7	54	23-Oct
21	10	OFF	4 x 1.5M; 800 R	5	8	12	5	50	30-Oct
22	10	OFF	6 x 1M; 400 R	6	6	6	7	44.5	6-Nov
23	5	5	OFF	3	OFF	Richmond	Rest	39	13-Nov

Long Run (10:30, over/under 5 sec)
Marathon Pace (9:45-9:50)
Easy (wk 1-10 = 10:15, wk 11-on = 11:00ish)
Strength (9:35 per mile), 1M Warm up/Cool down ea
Speed: 1M Warm up/Cool Down each
400= 2:01
600 = 2:59
800 = 4:00
1K = 4:54
1200= 5:57
1M = 8:00