

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Approximate Weekly Mileage
Week	Easy miles/lift 20 min	Easy miles	Easy miles/lift 20 min	Tempo/speed/hill 2mile WU & 2m CD	Off	Long run	Cross Training	
11/13-11/19	4 miles / lift	6 miles	5 miles / lift	20 min tempo	4 miles	60 minutes	XT 60 min	26-30
11/20-11/26	4 miles / lift	6 miles	5 miles / lift	8 x 60 sec hill w/ 2 recovery jog	4 miles	75 minute	XT 60 min	30-35
12/2-12/3	4 miles / lift	7 miles	5 miles / lift	20 min tempo	4 miles	60 minutes	XT 60 min	30-35
12/4-12/10	4 miles / lift	7 miles	5 miles / lift	8 mile fartlek (1m hard/1m easy)	5 miles	75 minutes	XT 60 min	35-40
12/11 - 12/17	5 miles / lift	7 miles	5 miles / lift	Progression run 6m + (2WU)	5 miles	90 minutes	XT 60 min	40
12/18 - 12/24	5 miles / lift	7 miles	5 miles / lift	8 mile out & back (1/2 half faster)	5 miles	60 minutes	XT 60 min	35-40
12/25 - 12/31	5 miles / lift	7 miles	5 miles / lift	30 min tempo	6 miles	75 minutes	XT 60 min	40
1/1 - 1/7	5 miles / lift	7 miles	5 miles / lift	6 x 250 hills	6 miles	90 minutes	XT 60 min	40
1/8 - 1/14	5 miles / lift	8 miles	5 miles / lift	(indoors sprints) 10x30meters 3 min rest between	6 miles	90 minutes	XT 60 min	40
1/15 - 1/21	5 miles / lift	5 mile	5 miles / lift	30 min tempo	6 miles	60 minutes	XT 60 min	35-40
1/22 - 1/28	5 miles / lift	7 miles	6 miles / lift	4x 1000 hill	6 miles	75 minutes	XT 60 min	40
1/29 - 2/4	5 miles / lift	8 miles	6 miles / lift	5x800	7 miles	90 minutes	XT 60 min	40-45
2/5-2/11	5 miles / lift	5 miles (fartlek (6,100m) in middle 3 miles)	5 miles / lift	30 min tempo	7 miles	60 minutes	XT 60 min	40-45
2/12 - 2/18	5 miles / lift	7 miles	8 miles / lift	2 mile for time	7 miles	75 minute	XT 60 min	45
2/19 - 2/25	5 miles / lift	7 miles	8 miles / lift	8-12 x 200 strides w/ 200 jog	7 miles	90 minutes	XT 60 min	45
2/26 - 3/3	Easy relaxed miles							