

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-6 miles easy with 8x20s pick-ups	2-3 miles warm-up, 4 miles of 30s fast, 2:30 jog, 1-2 mile cool-down	4-6 miles easy	5-7 miles easy with 8x20s pick-ups	2 miles warm-up, 10x30s uphill, 1-2 miles cool-down	12-14 miles easy	Up to 6 miles very easy
5-7 miles easy with 8x20s pick-ups	2-3 miles warm-up, 12x1/4 mile at 5k pace with 60s jog, 1-2 miles cool-down	4-6 miles very easy	½ mile easy, 6 miles at marathon pace+15s, ½ mile easy	3-5 miles very easy	10 miles easy, 4 miles working from marathon pace to half-marathon pace, up to 4 miles easy	Up to 5 miles very easy
5-7 miles easy	2-3 miles warm-up, 12x200m at mile pace with 200m jog, 1-2 miles cool-down	4-6 miles easy	5-7 miles easy	2 miles warm-up, 10x60s at 5k pace, 60s easy, 1-2 miles cool-down	12-16 miles easy	Up to 6 miles very easy
4-6 miles very easy	2-3 miles warm-up, 3x1 mile at 5k pace with ¼ mile jog, 1-2 miles cool-down	4-6 miles very easy	2 miles warm-up, 4x3:00 uphill, 2x2:00 downhill, 1-2 miles cool-down	3-5 miles very easy	8 miles easy, 6 miles at marathon pace, 2-4 miles easy	Up to 6 miles very easy
5-7 miles easy with 8x20s pick-ups	2-3 miles warm-up, 2 miles at half-marathon pace, ¼ mile jog, 2 miles at 10k pace, 1-2 miles cool-down	4-6 miles very easy	½ mile easy, 8 miles at marathon pace+30s over rolling hills, ½ mile cool-down	3-5 miles very easy	14-18 miles easy	Up to 6 miles very easy
5-7 miles easy with 8x20s pick-ups	2 miles warm-up, 2 miles at 10k pace, ½	4-6 miles very easy	2-3 miles warm-up, 5x90s uphill,	3-5 miles very easy	3 miles warm-up, 10 miles of 3:00 fast, 3:00 easy over	Up to 4 miles very easy

	mile jog, 1 mile at 5k pace, ½ mile jog, 4x1/4 mile FAST with ¼ mile jog, 1-2 miles cool-down		3x90s downhill, 1-2 miles cool-down		rolling hills, 2-5 miles easy	
5-7 miles easy	2 miles warm-up, 8x.15 miles fast, .35 miles easy, 1 mile cool-down	4-5 miles very easy	2 miles warm-up, 20x60s at 10k pace/60s at 10k pace+1:00, 1-2 miles cool-down	4-6 miles very easy	16-20 miles easy	Up to 6 miles very easy
5-7 miles easy with 8x20s pick-ups	2 miles warm-up, 6x1/2mile at 5k pace with ¼ mile jog, 4x200m FAST with 200m jog, 1-2 miles cool-down	½ mile easy, 8 miles at marathon pace+30s, ½ mile easy	4-6 miles very easy	3-5 miles very easy	3 miles easy, 3 miles at marathon pace, 3 miles at half-marathon pace, 2-4 miles easy	Up to 5 miles very easy
4-6 miles very easy	2 miles warm-up, 6x1 mile at 10k pace with ¼ mile slow jog, 1-2 miles cooldown	4-6 miles very easy	5-7 miles easy	2 miles warm-up, 6x60s uphill, 4x60s downhill, 1-2 miles cool-down	14-16 miles easy	Up to 6 miles very easy
5-7 miles easy with 8x20s pick-ups	2-3 miles warm-up, 3 miles at half-marathon pace, 1 mile jog, 4x2:00 hard uphill, 1-2 miles cool-down	5-6 miles very easy	6-8 mile progression run, working down to marathon pace	3-4 miles very easy	2 miles warm-up, 4x3 miles at marathon pace with ½ mile easy jog in between, 1 mile cooldown	Up to 4 miles very easy

4-5 miles very easy	2-3 miles warm-up, 10x3:00 fast, 2:00 easy over rolling hills, 1-2 miles cooldown	6-8 miles very easy	5-7 miles easy	2-3 miles warm-up, 20x60s at 5k-10k pace with 60s jog, 1-2 miles cool- down	10-12 miles easy long run	Up to 5 miles very easy
5-7 miles with 8x20s pick-ups	2 miles warm-up, 4x1 mile at half- marathon pace with 2:00 jogging rest, 1 mile cool-down	6-8 miles very easy	0-6 miles very easy	3 miles very easy with 4x30s pick-ups	Hendersonvill e Half- Marathon	