

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Run 2 miles - Easy pace	Crosstrain	Run 2 miles - Easy pace	Crosstrain	Run 3 miles - Easy pace	Rest	Run 3.5 miles - Easy pace
2	Run 2.5 miles - Easy pace	Crosstrain	Fartlek training - 2 miles	Crosstrain	Run 4 miles - Easy pace	Crosstrain	Rest
3	Run 3 miles - Easy pace	Crosstrain	Fartlek training - 2.5 miles	Crosstrain	Run 5 miles - Easy pace	Crosstrain	Rest
4	Run 3.5 miles - Easy pace	Crosstrain	Fartlek training - 3 miles	Crosstrain	Run 6 miles - Easy pace	Crosstrain	Rest
5	Run 4 miles - Easy pace	Crosstrain	Fartlek training - 3.5 miles	Crosstrain	Run 7 miles - Easy pace	Crosstrain	Rest
6	Run 4.5 miles - Easy pace	Crosstrain	Fartlek training - 4 miles	Crosstrain	Run 8 miles - Easy pace	Crosstrain	Rest
7	Run 5 miles - Easy pace	Crosstrain	Fartlek training - 4.5 miles	Crosstrain	Run 9 miles - Easy pace	Crosstrain	Rest
8	Run 5.5 miles - Easy pace	Crosstrain	Fartlek training - 5 miles	Crosstrain	Run 11 miles - Easy pace	Crosstrain	Rest
9	Crosstrain	Fartlek training - 4 miles	Crosstrain	Run 13.5 miles - Easy pace	Rest		
10	Run 5 miles - Easy pace	Crosstrain	Fartlek training - 4 miles	Crosstrain	Run 11 miles - Easy pace	Crosstrain	Rest
11	Run 6 miles - Easy pace	Crosstrain	Fartlek training - 4.5 miles	Crosstrain	Run 9 miles - Easy pace	Crosstrain	Rest
12	Run 5 miles - Easy pace	Crosstrain	Run 4 miles - Easy pace	Rest	Rest	Run 2 miles - Easy pace	Race day!