

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Rest; Yoga or Pilates	Run 50 min. with 10 x (1 min. hard, 1 min. easy). Follow with Balance and Bowing .	Cross train (XT) or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:00. Later in the day, include Relax .	Run 40 min. with 20 min. at MP. Follow with Core and More .
WEEK 2	Rest; Yoga or Pilates	Run 55 min. with 11 x (1 min. hard, 1 min. easy). Follow with Balance and Bowing .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:10. Later in the day, include Relax .	Run 40 min. with 20 min. at MP. Follow with Core and More .
WEEK 3	Rest; Yoga or Pilates	Run 60 min. with 12 x (1 min. hard, 1 min. easy). Follow with Balance and Bowing .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:20. Later in the day, include Relax .	Run 40 min. with 20 min. at MP. Follow with Core and More .
WEEK 4	Rest; Yoga or Pilates	Run 50 min. with 8 x (1 min. hard, 1 min. easy). Follow with Balance and Bowing .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:00. Later in the day, include Relax .	Run 40 min. easy. Follow with Core and More .
WEEK 5	Rest; Yoga or Pilates	Run 60 min. with 4 x (5 min. medium-hard, 2 min. easy). Follow with Pigeon Sequence .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:20. Later in the day, include Relax .	Run 40 min. with 20 min. at MP. Follow with Core and More .
WEEK 6	Rest; Yoga or Pilates	Run 60 min. with 5 x (5 min. medium-hard, 2 min. easy). Follow with Pigeon Sequence .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:30. Later in the day, include Relax .	Run 40 min. with 25 min. at MP. Follow with Core and More .

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 7	Rest; Yoga or Pilates	Run 60 min. with 6 x (5 min. medium-hard, 2 min. easy). Follow with Pigeon Sequence .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:40. Later in the day, include Relax .	Run 40 min. with 30 min. at MP. Follow with Core and More .
WEEK 8	Rest; Yoga or Pilates	Run 60 min. with 4 x (3 min. medium-hard, 2 min. easy). Follow with Pigeon Sequence .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:10. Later in the day, include Relax .	Run 40 min. at easy. Follow with Core and More .
WEEK 9	Rest; Yoga or Pilates	Run 70 min. with 3 x (10 min. medium, 2 min. easy). Follow with IT Band Express .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:50. Later in the day, include Relax .	Run 40 min. with 30 min. at MP. Follow with Core and More .
WEEK 10	Rest; Yoga or Pilates	Run 70 min. with 3 x (12 min. medium, 2 min. easy). Follow with IT Band Express .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 3:00. Later in the day, include Relax .	Run 40 min. with 30 min. at MP. Follow with Core and More .
WEEK 11	Rest; Yoga or Pilates	Run 70 min. with 3 x (10 min. medium, 2 min. easy). Follow with IT Band Express .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest.	Run 3:00. Later in the day, include Relax .	Run 40 min. with 30 min. at MP. Follow with Core and More .

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 12	Rest; Yoga or Pilates	Run 70 min. with 3 x (15 min. medium, 2 min. easy). Follow with IT Band Express .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:20. Later in the day, include Relax .	Run 40 easy. Follow with Core and More .
WEEK 13	Rest; Yoga or Pilates	Run 60 min. with 45 min. at MP. Follow with IT Band Express .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 3:00. Later in the day, include Relax .	Run 40 min. with 30 min. at MP. Follow with Core and More .
WEEK 14	Rest; Yoga or Pilates	Run 60 min. with 40 min. at MP. Follow with IT Band Express .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 2:00. Later in the day, include Relax .	Run 40 min. with 30 min. at MP. Follow with Core and More .
WEEK 15	Rest; Yoga or Pilates	Run 60 min. with 30 min. at MP. Follow with IT Band Express .	XT or easy run. Follow with Core Flow .	Run 60 min. over hills. Follow with Lunge Series .	Rest or XT.	Run 1:20. Later in the day, include Relax .	Run 40 min. with 30 min. at MP. Follow with Core and More .
WEEK 16	Rest	Run 45 min. with 20 min. at MP.	XT or easy run.	Run 40 min. easy.	Rest or XT.	Run 20 min. with 3 min. at MP. Include Relax .	Race!