LOWER MILEAGE		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
JULY		17	18	19	20	21	22	23	Mileage
Week 1	miles	0	3	4	3	4	0	5	19
	effort	day off	easy	easy	easy	easy	day off	easy	
	terrain	,	flat	flat	flat	flat	,	flat	
	other				or day off				
		24	25	26	27	28	29	30	
Week 2	miles	0	3	4	3	4	0	5	19
Weekly	effort	day off	easy	medium	easy	easy	day off	easy	
Mileage	terrain		flat	minor hills	flat	flat	,	flat	
J	other				or day off				
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AUGUST		31	1	2	3	4	5	6	
Week 3	miles	0	3	4	3	4	0	5	19
	effort	day off	easy	medium	easy	easy	day off	easy	
	terrain	,	flat	minor hills	flat	flat	,	flat	
	other				or day off	4-6 strides			
		7	8	9	10	11	12	13	
Week 4	miles	0	3	4	3	4	0	6	20
	effort	day off	easy	medium	easy	easy	day off	easy	
	terrain	,	flat	minor hills	flat	flat	,	flat	
	other				or day off	4-6 strides			
		14	15	16	17	18	19	20	
Week 5	miles	0	4	4	3	4	0	5	20
	effort	day off	easy	medium	easy	easy	day off	medium	
	terrain		flat	minor hills	flat	flat	, ,	hills	
	other				or day off	4-6 strides			
	Other				i di day dii	4-0 striues			
	Other	21	22	23	24		26	27	
Week 6	miles	21	22	23	-	25 4	26 0	27 7	22
Week 6		0	4		24	25 4	0		22
Week 6	miles			4	24	25		7	22
Week 6	miles effort	0	4 easy	4 medium	24 3 easy flat	25 4 easy	0	7 medium	22
Week 6	miles effort terrain	0 day off	4 easy	4 medium minor hills	24 3 easy flat or day off	25 4 easy flat 4-6 strides	0 day off	7 medium flat	22
Week 6 SEPTEMBER	miles effort terrain	0 day off Sunday	4 easy flat Monday	4 medium	24 3 easy flat	25 4 easy flat	0 day off Friday	7 medium flat Saturday	22
SEPTEMBER	miles effort terrain other	0 day off	4 easy flat	4 medium minor hills Tuesday	24 3 easy flat or day off Wednesday	25 4 easy flat 4-6 strides Thursday	0 day off	7 medium flat	22
	miles effort terrain other miles	0 day off Sunday 28 0	4 easy flat Monday 29 4	4 medium minor hills Tuesday 30 4	24 3 easy flat or day off Wednesday 31 4	25 4 easy flat 4-6 strides Thursday 1 4	0 day off Friday 2 0	7 medium flat Saturday 3 5	
SEPTEMBER	miles effort terrain other	0 day off Sunday 28	4 easy flat Monday 29	4 medium minor hills Tuesday 30	24 3 easy flat or day off Wednesday 31	25 4 easy flat 4-6 strides Thursday 1	0 day off Friday 2	7 medium flat Saturday 3 5	
SEPTEMBER	miles effort terrain other miles effort	0 day off Sunday 28 0	4 easy flat Monday 29 4 easy	4 medium minor hills Tuesday 30 4 medium	24 3 easy flat or day off Wednesday 31 4 easy	25 4 easy flat 4-6 strides Thursday 1 4 easy	0 day off Friday 2 0	7 medium flat Saturday 3 5 medium	
SEPTEMBER	miles effort terrain other miles effort terrain	O day off Sunday 28 O day off	4 easy flat Monday 29 4 easy flat 4-6 strides	4 medium minor hills Tuesday 30 4 medium	24 3 easy flat or day off Wednesday 31 4 easy	25 4 easy flat 4-6 strides Thursday 1 4 easy flat	O day off Friday 2 0 day off	7 medium flat Saturday 3 5 medium	
SEPTEMBER Week 7	miles effort terrain other miles effort terrain other	0 day off Sunday 28 0	4 easy flat Monday 29 4 easy flat 4-6 strides 5	4 medium minor hills Tuesday 30 4 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides	O day off Friday 2 O day off	7 medium flat Saturday 3 5 medium hills	21
SEPTEMBER	miles effort terrain other miles effort terrain other miles	O day off Sunday 28 O day off 4 O	4 easy flat Monday 29 4 easy flat 4-6 strides	4 medium minor hills Tuesday 30 4 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides	O day off Friday 2 O day off 9 0	7 medium flat Saturday 3 5 medium hills 10 8	
SEPTEMBER Week 7	miles effort terrain other miles effort terrain other miles effort	O day off Sunday 28 O day off	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4	4 medium minor hills Tuesday 30 4 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy	O day off Friday 2 O day off	7 medium flat Saturday 3 5 medium hills 10 8 medium	21
SEPTEMBER Week 7	miles effort terrain other miles effort terrain other miles effort terrain	O day off Sunday 28 O day off 4 O	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat	O day off Friday 2 O day off 9 0	7 medium flat Saturday 3 5 medium hills 10 8	21
SEPTEMBER Week 7	miles effort terrain other miles effort terrain other miles effort	O day off Sunday 28 O day off 4 O day off	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides	O day off Friday 2 0 day off 9 0 day off	7 medium flat Saturday 3 5 medium hills 10 8 medium flat	21
SEPTEMBER Week 7	miles effort terrain other miles effort terrain other miles effort terrain	O day off Sunday 28 O day off 4 O	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat	O day off Friday 2 O day off 9 0	7 medium flat Saturday 3 5 medium hills 10 8 medium	21
SEPTEMBER Week 7 Week 8	miles effort terrain other miles effort terrain other miles effort terrain other miles	O day off Sunday 28 O day off 4 O day off	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12 4	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off 14 4	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides	O day off Friday 2 0 day off 9 0 day off 16	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17	21
SEPTEMBER Week 7 Week 8	miles effort terrain other miles effort terrain other miles effort terrain other miles	O day off Sunday 28 O day off 4 O day off 11 O	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills 13 5	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides 15 4	O day off Friday 2 0 day off 9 0 day off 16 0	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17 6	21
SEPTEMBER Week 7 Week 8	miles effort terrain other miles effort terrain other miles effort terrain other miles effort	O day off Sunday 28 O day off 4 O day off 11 O	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12 4 easy	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills 13 5 medium	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off 14 4 easy	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides 15 4 easy	O day off Friday 2 0 day off 9 0 day off 16 0	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17 6 medium	21
SEPTEMBER Week 7 Week 8	miles effort terrain other miles effort terrain other miles effort terrain other miles effort terrain other	O day off Sunday 28 O day off 4 O day off 11 O day off	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12 4 easy	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills 13 5 medium	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off 14 4 easy	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides 15 4 easy flat	O day off Friday 2 0 day off 9 0 day off 16 0	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17 6 medium hills	21
SEPTEMBER Week 7 Week 8	miles effort terrain other miles effort terrain other miles effort terrain other miles effort terrain other	O day off Sunday 28 O day off 4 O day off 11 O	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12 4 easy flat	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills 13 5 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off 4 easy flat or day off 14 4 easy flat	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides 15 4 easy flat 4-6 strides	O day off Friday 2 0 day off 9 0 day off 16 0 day off	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17 6 medium	21
SEPTEMBER Week 7 Week 8	miles effort terrain other miles effort terrain other miles effort terrain other miles effort terrain other	O day off Sunday 28 O day off 4 O day off 11 O day off	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12 4 easy flat 4-10 4 easy flat 4-10 4 easy flat 4-10 4 easy flat 4 easy flat 4 easy flat 4 easy	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills 13 5 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off 14 4 easy flat or day off 14 5	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides 15 4 easy flat 4-6 strides 22 4	O day off Priday 2 0 day off 9 0 day off 16 0 day off 23 0	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17 6 medium hills	21 24 23
SEPTEMBER Week 7 Week 8	miles effort terrain other miles effort terrain other miles effort terrain other miles effort terrain other miles effort miles effort terrain other miles	O day off Sunday 28 O day off 4 O day off 11 O day off 18 O	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12 4 easy flat 19	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills 13 5 medium minor hills	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off 14 4 easy flat 21	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides 15 4 easy flat 4-6 strides	O day off Priday 2 0 day off 9 0 day off 16 0 day off	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17 6 medium hills	21 24 23
SEPTEMBER Week 7 Week 8	miles effort terrain other	O day off Sunday 28 O day off 4 O day off 11 O day off 18 O	4 easy flat Monday 29 4 easy flat 4-6 strides 5 4 easy flat 4-6 strides 12 4 easy flat 4-easy flat	4 medium minor hills Tuesday 30 4 medium minor hills 6 4 medium minor hills 13 5 medium minor hills 20 5 medium	24 3 easy flat or day off Wednesday 31 4 easy flat 7 4 easy flat or day off 14 4 easy flat 5 easy	25 4 easy flat 4-6 strides Thursday 1 4 easy flat 4-6 strides 8 4 easy flat 4-6 strides 15 4 easy flat 4-6 strides 22 4 easy	O day off Priday 2 0 day off 9 0 day off 16 0 day off 23 0	7 medium flat Saturday 3 5 medium hills 10 8 medium flat 17 6 medium hills 24 9 medium	21 24 23

		25	26	27	28	29	30	1	
Week 11	miles	0	4	5	5	5	0	6	25
	effort	day off	easy	medium	easy	easy	day off	medium	
	terrain		flat	minor hills	flat	flat		hills	
	other		4-6 strides			4-6 strides			
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
OCTOBER		2	3	4	5	6	7	8	
Week 12	miles	0	4	5	5	5	0	10	29
	effort	day off	flat	medium	easy	easy	day off	medium	
	terrain			minor hills	flat	flat		flat	
	other		4-6 strides		or day off	4-6 strides			
		9	10	11	12	13	14	15	
Week 13	miles	0	5	5	5	6	0	7	28
	effort	day off	easy	medium	easy	easy	day off	medium	
	terrain		flat	minor hills	flat	flat		hills	
	other		4-6 strides			4-6 strides			
		16	17	18	19	20	21	22	
Week 14	miles	0	5	6	5	6	0	11	33
	effort	day off	flat	medium	easy	easy	day off	medium	
	terrain			minor hills	flat	flat		flat	
	other		4-6 strides		or day off	4-6 strides			
		23	24	25	26	27	28	29	
Week 15	miles	0	4	5	4	5	0	7	25
Taper	effort	day off	easy	medium	easy	easy	day off	easy	
	terrain		flat	minor hills	flat	flat		flat	
	other		4-6 strides			4-6 strides			
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
NOVEMBER		30	31	1	2	3	4	5	
Week 16	miles	0	4	4	0	2	0	13.1	23.1
Taper & Race	effort	day off	easy	easy	day off	easy	day off	Zeitgeist	
	terrain		flat	flat		flat		Half	
	other		4-6 strides			4-6 strides		Marathon	
		6	7	8	9	10	11	12	
Week 17	miles	0	1	0	1	2	0	3	7
Recover	effort	day off	very easy	day off	very easy	very easy	day off	easy	
	terrain		flat		flat	flat		flat	
	other		walk/run		walk/run	walk/run			
		13	14	15	16	17	18	19	
Week 18	miles	0	4	3	0	3	0	4	14
Recover	effort	day off	easy	easy	day off	easy	day off	easy	
	terrain		flat	flat		flat		minor hills	
	other								