

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

Week 11		25	26	27	28	29	30	1	25
	miles	0	4	5	5	5	0	6	
	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	29
Week 12	miles	0	4	5	5	5	0	10	
	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			
Week 13		9	10	11	12	13	14	15	28
	miles	0	5	5	5	6	0	7	
	effort	day off	easy	medium	easy	easy	day off	medium	
	terrain		flat	minor hills	flat	flat		hills	
	other		4-6 strides			4-6 strides			
Week 14		16	17	18	19	20	21	22	33
	miles	0	5	6	5	6	0	11	
	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			
Week 15 Taper		23	24	25	26	27	28	29	25
	miles	0	4	5	4	5	0	7	
	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	23.1
Week 16	miles	0	4	4	0	2	0	13.1	
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	
Week 17 Recover		6	7	8	9	10	11	12	7
	miles	0	1	0	1	2	0	3	
	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			
Week 18 Recover		13	14	15	16	17	18	19	14
	miles	0	4	3	0	3	0	4	
	effort	day off	easy	easy	day off	easy	day off	easy	
	terrain		flat	flat		flat		minor hills	
	other								