

MEDIUM MILEAGE
JULY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
	17	18	19	20	21	22	23	
miles	0	4	6	4	6	0	8	28
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	
miles	0	4	6	4	6	0	10	30
effort	day off	easy	easy	easy	easy	day off	easy	
terrain		flat	minor hills	flat	flat		flat	
other				or day off				

AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
	31	1	2	3	4	5	6	
miles	0	4	6	4	6	0	8	28
effort	day off	easy	easy	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	
miles	0	4	6	4	6	0	11	31
effort	day off	easy	easy	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	
miles	0	4	6	4	6	0	8	28
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	minor hills	flat	flat		hills	
other				or day off	4-6 strides			
	21	22	23	24	25	26	27	
miles	0	4	6	4	6	0	12	32
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	hills	flat	flat		flat	
other				or day off	4-6 strides			

SEPTEMBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
	28	29	30	31	1	2	3	
miles	0	4	6	4	6	0	8	28
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	hills	flat	flat		hills	
other		4-6 strides			4-6 strides			
	4	5	6	7	8	9	10	
miles	0	5	6	4	6	0	13	34
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	hills	flat	flat		flat	
other		4-6 strides		or day off	4-6 strides			
	11	12	13	14	15	16	17	
miles	0	5	6	4	6	0	9	30
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	hills	flat	flat		hills	
other			Highland Hollow		4-6 strides			
	18	19	20	21	22	23	24	
miles	0	5	7	5	6	0	14	37
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	hills	flat	flat		flat	
other		4-6 strides		or day off	4-6 strides			
	25	26	27	28	29	30	1	

OCTOBER

miles	0	6	7	5	7	0	9	34
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	hills	flat	flat		hills	
other		4-6 strides			4-6 strides			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	2	3	4	5	6	7	8	
miles	0	6	7	5	7	0	15	40
effort	day off	flat	medium	easy	easy	day off	medium	
terrain			hills	flat	flat		flat	
other		4-6 strides		or day off	4-6 strides			
	9	10	11	12	13	14	15	
miles	0	6	8	5	7	0	9	35
effort	day off	easy	medium	easy	easy	day off	medium	
terrain		flat	hills	flat	flat		hills	
other		4-6 strides			4-6 strides			
	16	17	18	19	20	21	22	
miles	0	7	8	5	7	0	16	43
effort	day off	flat	medium	easy	easy	day off	medium	
terrain			hills	flat	flat		flat	
other		4-6 strides		or day off	4-6 strides			
	23	24	25	26	27	28	29	
miles	0	4	6	4	6	0	9	29
effort	day off	easy	medium	easy	easy	day off	easy	
terrain		flat	minor hills	flat	flat		flat	
other		4-6 strides			4-6 strides			

NOVEMBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	30	31	1	2	3	4	5	
miles	0	4	4	0	4	0	13.1	25.1
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	
miles	0	2	0	3	4	0	4	13
effort	day off	very easy	day off	very easy	very easy	day off	easy	
terrain		flat		flat	flat		flat	
other		walk/run		walk/run	or day off		run	
	13	14	15	16	17	18	19	
miles	0	4	4	0	4	0	6	18
effort	day off	easy	easy	day off	easy	day off	easy	
terrain		flat	flat		flat		minor hills	
other								