

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1							Jan 1 Rest
2	Jan 2 20 Min Walk	Jan 3	Jan 4 Cross train YOGA C	Jan 5	Jan 6 20 Min Walk	Jan 7 1 Mile A Walk/Run	Jan 8 Rest
3	Jan 9 20 Min Walk	Jan 10	Jan 11 Cross train STRENGTH A	Jan 12	Jan 13 20 Min Walk	Jan 14 2 Mile B Walk/Run	Jan 15 Rest

E - Easy Pace/Recovery Walk
 An easy pace is conversational, comfortable and easily maintained. 30-60 seconds/miles slower than race pace. Walks are for recovery.
A - 1 min on 1 min off
B - 2 min on 1 min off
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Speed Work
 Warm up for 10-15 minutes before speed work at a slow pace. For speed intervals, go as fast as you can! Shoot for going faster than your race pace. For hills, find a hill between 200 and 600 feet. Focus on a steady speed and good form over going as fast as you can.

L - Long Run
 A conversational pace that can be easily maintained over distance. (Usually, about one to two minutes per mile slower than race pace.)

Cross Train
 Maintain intensity while participating in an alternate mechanism of cardio. Some great choices would be swimming, biking, stair stepper or the elliptical machine.
YOGA
A - [youtube.com/watch?v=RGOrpTLiaec](https://www.youtube.com/watch?v=RGOrpTLiaec)
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STRENGTH
A - [youtube.com/watch?v=rZpMnnN4s_o](https://www.youtube.com/watch?v=rZpMnnN4s_o)
B - [youtube.com/watch?v=Ze7yegs-WX4](https://www.youtube.com/watch?v=Ze7yegs-WX4)

Active Recovery
 Take a break from running but stay active. Some great choices would be yoga, an easy bike ride, a hike or a walk.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
4	Jan 16 30 Min Walk	Jan 17	Jan 18 Cross train STRENGTH B	Jan 19 20 Min C Walk/Run	Jan 20 Cross train YOGA B	Jan 21 3 mile Easy Run	Jan 22 Rest
	Jan 23 30 Min Walk	Jan 24	Jan 25 Cross train STRENGTH A	Jan 26 15 Min Easy Run	Jan 27 20 Min Walk	Jan 28 4 Miles L	Jan 29 30-60 min walk
6	Jan 30 Run 2.5 miles	Jan 31 Active Recovery	Feb 1 Run 3 miles easy	Feb 2 Walk 30 min	Feb 3 Rest	Feb 4 Run 3 miles easy	Feb 5 35-60 min walk
	Feb 6 Run 2.5 miles	Feb 7 Active Recovery	Feb 8 Run 3 miles easy	Feb 9 Walk 30 min	Feb 10 Rest	Feb 11 Run 4 miles easy	Feb 12 35-60 min walk
8	Feb 13 Run 3 miles	Feb 14 Active Recovery	Feb 15 1 mile easy 2 x hills 1 mile easy	Feb 16 Run 30 min	Feb 17 Rest	Feb 18 Run 5 miles easy	Feb 19 40-60 min walk



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9	Feb 20 Run 2 miles	Feb 21 Active Recovery	Feb 22 Run 2 miles easy	Feb 23 Walk 30 min	Feb 24 Rest	Feb 25 Run 3 miles easy	Feb 26 30-60 min walk
	Feb 27 Run 2 miles	Feb 28 Active Recovery	Mar 1 Run 2 miles easy	Mar 2 Walk 30 min	Mar 3 Rest	Mar 4 Run 4 miles easy	Mar 5 30-60 min walk
11	Mar 6 Run 2.5 miles	Mar 7 Active Recovery	Mar 8 Run 3 miles easy	Mar 9 Walk 30 min	Mar 10 Rest	Mar 11 Run 3 miles easy	Mar 12 35-60 min walk
	Mar 13 Run 2.5 miles	Mar 14 Active Recovery	Mar 15 Run 3 miles easy	Mar 16 Walk 30 min	Mar 17 Rest	Mar 18 Run 4 miles easy	Mar 19 35-60 min walk
13	Mar 20 Run 3 miles	Mar 21 Active Recovery	Mar 22 1 mile easy 2 x hills 1 mile easy	Mar 23 Run 30 min	Mar 24 Rest	Mar 25 Run 5 miles easy	Mar 26 40-60 min walk



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14	Mar 27 Run 3 miles	Mar 28 Active Recovery	Mar 29 .5 mile easy 4 x 200 m .5 mile easy	Mar 30 Run 30 min	Mar 31 Rest	Apr 1 Run 4 miles easy	Apr 2 45-60 min walk
	Apr 3 Run 2.5 miles	Apr 4 Active Recovery	Apr 5 .5 mile easy 4 x 400 m .5 mile easy	Apr 6 Run 30 min	Apr 7 Rest	Apr 8 Run 5 miles easy	Apr 9 50-60 min walk
16	Apr 10 Run 2.5 miles	Apr 11 Active Recovery	Apr 12 .5 mile easy 4 x hills .5 mile easy	Apr 13 Run 30 min	Apr 14 Rest	Apr 15 Run 6 miles easy	Apr 16 55-60 min walk
	Apr 17 Run 3 miles	Apr 18 Active Recovery	Apr 19 4 miles easy	Apr 20 Run 30 min	Apr 21 Rest	Apr 22 Run 4 miles easy	Apr 23 60 min walk
18	Apr 24 Run 3 miles	Apr 25 Active Recovery	Apr 26 3 miles easy	Apr 27 Walk 30 min	Apr 28 Rest	Apr 29 Rest	Apr 30 



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