

Week 1					Mileage:	10
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	No Running	Easy Run	No Running	Long Run	Recovery
	3		3		4	
	<i>Trail or Road</i>		<i>Trail or Road</i>		<i>Trail</i>	

Week 2					Mileage:	11
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	No Running	Easy Run	No Running	Long Run	Recovery
	3		3		5	
	<i>Trail or Road</i>		<i>Trail or Road</i>		<i>Trail</i>	

Week 3					Mileage:	13
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
	3	2	3		5	
	<i>Trail or Road</i>	<i>Trail or Road</i>	<i>Trail or Road</i>		<i>Trail</i>	

Week 4					Mileage:	9
Cut Back Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	No Running	Easy Run	No Running	Easy Run	Recovery
	3		3		3	
	<i>Trail or Road</i>		<i>Trail or Road</i>		<i>Trail or Road</i>	

Week 5					Mileage:	14
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
	3	3	3		5	
	<i>Road or Trail</i>	<i>Road or Trail</i>	<i>Road or Trail</i>		<i>Trail</i>	

Week 6					Mileage:	14
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	Hill Runs	Easy Run	No Running	Long Run	Recovery
	3	3	3		5	
	Trail or Road	Trail or Road • 1 mile warm up 1 mile hills 1 mile cool down	Trail or Road		Trail	

Week 7					Mileage:	15
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	Hill Run	Easy Run	No Running	Long Run	Recovery
	3	4	3		5	
	Trail or Road	Trail or Road • 1 mile warm up 2 mile hills 1 mile cool down	Trail or Road		Trail	

Week 8					Mileage:	10
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	Easy Run	Easy Run	Easy	Easy Run	Recovery
	2	3	2		3	
	Trail	Trail	Trail		Trail	

Week 9 - Race Week					Mileage:	7.1
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	No Running	Easy Run	No Running	Race Day	Recovery
	2		2		3.1	
	Trail or Road		Trail or Road		Have Fun!	