

Sample	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29-Jun				Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run
1	40.5	49.5	56.5	5 40-56 min easy with 5x100m strides	9 2M w/u; 4x50m, 2x75m uphill sprints; 4-5 Miles @ MP with two long uphill surges @ LT pace; 2M c/d	4 REST or 32 min easy with 4x100m strides	7.5 2M w/u; 3-5Mile @ LT pace (1:30 rest); 2M c/d	5 REST or 40 min easy with 4x100m strides	14 112 min @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides
6-Jul				5 40-56 min easy with 5x100m strides	8.5 2M w/u; 2x50m, 1x75m, 1x100m uphill sprints; 2-3x2M @ HMP (3:00 rest); 2M c/d	4 REST or 32 min easy with 4x100m strides	8.5 2M w/u; 2400 @ 15K pace, 1M @ 15-10K pace, 2x800 @ 10K pace (400 rest); 2M c/d	5 REST or 40 min easy with 4x100m strides	14 112 min @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides
13-Jul				5 40-56 min easy with 5x100m strides	9 2M w/u; 3x75m, 1x100m uphill sprints; 2 Miles @ HMP (2:00 rest), 4x400 uphill @ 5K pace (jog down); 2M c/d	4 REST or 32 min easy with 4x100m strides	9 2M w/u; 12-16x400 @ LT pace (1:00 rest); 2M c/d	5 REST or 40 min easy with 4x100m strides	15 120 min @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides
20-Jul				5 40-56 min easy with 5x100m strides	11 2M w/u; 2x75m, 2x100m uphill sprints; 48 minutes @ MP; 2M c/d	5 REST or 40-56 min easy with 4x100m strides	9 2M w/u; 8x800 @ 10K pace (1:30 rest); 2M c/d	6 REST or 48 min easy with 5x100m strides	16 128 min @ MP plus 45-60; NYRR Long Training Run #1	5 REST or 40-56 min easy with 4x100m strides
27-Jul				5 40-56 min easy with 5x100m strides	9 2M w/u; 2x75m, 2x100m uphill sprints; 5M run: first and last mile @ HMP/ middle 3M @ LT pace; 2M c/d	5 REST or 40-56 min easy with 4x100m strides	8 64 min easy with 5x100m strides	6 REST or 48 min easy with 5x100m strides	9 Team Champs	5 40-56 min easy with 4x100m strides
3-Aug				6 48-64 min easy with 5x100m strides	10 2M w/u; 6 Miles @ MP; 2M c/d	5 REST or 40-56 min easy with 4x100m strides	8.5 2M w/u; 6-8x1K @ 10K pace (2:00 rest); 2M c/d	6 REST or 48 min easy with 5x100m strides	16 16 miles @ 5% slower than MP	5 REST or 40-56 min easy with 4x100m strides
10-Aug				6 48-64 min easy with 5x100m strides	9 2M w/u; 5 Miles @ HMP; 2M c/d	5 REST or 40-56 min easy with 4x100m strides	6 6-8 miles with middle 4 miles @ MP	6 REST or 48 min easy with 5x100m strides	18 144 min @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides
17-Aug				6 48-64 min easy with 5x100m strides	12 2M w/u; 56 minutes on hilly course @ MP; 2M c/d	6 REST or 48-64 min easy with 4x100m strides	9 2M w/u; 8-10 Canova Ks; 2M c/d	6 REST or 48 min easy with 5x100m strides	20 160 min @ MP plus 45-60	5 REST or 40-56 min easy with 4x100m strides
24-Aug				6 48-64 min easy with 5x100m strides	10 2M w/u; 6 Miles @ HMP; 2M c/d	6 REST or 48-64 min easy with 4x100m strides	6 48-64 min with middle 24 minutes @ MP	7 REST or 56 min easy with 5x100m strides	18 18 miles @ 5% slower than MP	5 REST or 40-56 min easy with 4x100m strides

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31-Aug				Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run
<b>10</b>	53	66	74.5	7 56-72 min easy with 4x100m strides	11 2M w/u; 7 Miles @ MP; 2M c/d	6 REST or 48-64 min easy with 4x100m strides	10 2M w/u; 10-14 Canova Ks; 2M c/d	7 REST or 56 min easy with 5x100m strides	20 Progression run	5 REST or 40-56 min easy with 4x100m strides
7-Sep				6 48-64 min easy with 5x100m strides	11 2M w/u; 3x2M @ HMP on hilly course (3:00 rest); 2M c/d	8 64-90 min easy with 4x100m strides	9 2M w/u; 5-7 Canova Miles; 2M c/d	7 REST or 56 min easy with 5x100m strides	18 144 min @ MP plus 45-60	6 5th Avenue Mile or REST or 40-56 min easy
14-Sep				7 56-72 min easy with 4x100m strides	13 2M w/u; 64-72 minutes @ MP; 2M c/d	6 REST or 48-64 min easy with 4x100m strides	9.5 2M w/u; 5-6x1M @ LT pace (1:30 rest); 2M c/d	7 REST or 56 min easy with 5x100m strides	18 1-2M w/u; DWRT Metric Marathon or 48 min easy	6 NYRR Marathon Tune-up or 40-48 min easy (if ran Metric)
21-Sep				7 56-72 min easy with 4x100m strides	11 2M w/u; 7 Miles @ MP; 2M c/d	8 64-90 min easy with 4x100m strides	8 64-90 min easy with 4x100m strides	7 REST or 56 min easy with 5x100m strides	6 REST or 48 min easy with 5x100m strides	15 Bronx 10-miler (Team Points); 2M w/u; race @ MP; 2M c/d
28-Sep				5 40-56 min easy with 5x100m strides	10 2M w/u; 72 minutes on hilly course @ MP; 2M c/d	6 REST or 48-64 min easy with 4x100m strides	7.5 2M w/u; 3-5xMile @ LT pace (1:30 rest); 2M c/d	6 REST or 48 min easy with 5x100m strides	4 REST or 32 min easy with 4x100m strides	16 Grete's Gallop 13.1 (Team Points)
5-Oct				7 REST or 56-72 min easy with 4x100m strides	10 80-90 min easy with 4x100m strides	8 64-90 min easy with 4x100m strides	11.5 2M w/u; 12-14 Canova Ks; 2M c/d	7 56 min easy with 5x100m strides	4 REST or 32 min easy with 4x100m strides	17 Staten Island Half; 2M w/u, race @ MP, 2M c/d
12-Oct				7 56-72 min easy with 4x100m strides	10 80-90 min easy with 4x100m strides	5 40-56 min easy with 5x100m strides	10.5 2M w/u; 3M @ MP (3:00 rest), 2M @ HMP (2:00 rest), 1M @ 10K pace; 2M c/d	6 REST or 48 min easy with 5x100m strides	20 Progression run	5 REST or 40-56 min easy with 4x100m strides
19-Oct				4 32 min easy with 5x100m strides	7.5 60 min with middle 4 miles @ MP	4 32 min easy with 5x100m strides	3.5 30-40 min easy with 5x100m strides	REST	10 10 miles easy with last 2 miles @ MP	4 32 min easy with 5x100m strides
26-Oct				4 32 min easy with 5x100m strides	4.5 35 min easy	REST	3.5 30 min easy with 5x100m strides	REST	2 REST or 10-15 min shakeout	26.2 NYC Marathon