

Sample	Wkly Min	Wkly Mid	Wkly Max	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	NYC Notes
15	66.5	71.5	83.5	Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run	
11-Apr				56-72 min easy with 4x100m strides	2M w/u; 4x15 min @ MP on hilly course (2:00 rest) ; 2M c/d	64-90 min easy with 4x100m strides	2M w/u; 12-14 Canova Ks; 2M c/d	REST or 40-56 min easy with 4x100m strides	22-23 miles	REST or 45-60 min easy with 4x100m strides	Highest mileage week
				7	13.5	5	9	6	20	5	
16	59.5	65.5	74.5	56-72 min easy with 4x100m strides	2M w/u; 80 miles @ MP; 2M c/d	45-60 min easy with 5x100m strides	2M w/u; 5-6xMile @ LT pace (1:30 rest); 2M c/d	REST or 48 min easy with 5x100m strides	Easy run (MP + 45-60 sec/ mile) or Progression run	REST or 45-60 min easy with 4x100m strides	
18-Apr				7	9	5	7.5	4	10	4	
17	37.5	46.5	51.5	56-72 min easy with 4x100m strides	75-85 min w/ 4-5 miles @ MP	REST or 45-60 min easy with 4x100m strides	60 minutes easy	REST or 35 min easy with 4x100m strides	10 miles easy with last 2 miles @ MP	35 min easy with 5x100m strides	
25-Apr				4	4.5		3.5		2	26	
18	40	40	40	35 min easy with 5x100m strides	35 min easy	REST	30 min easy with 5x100m strides	REST	REST or 10-15 min shakeout	NJ Marathon	