

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1 mi short run	1 mi short run	1 mi short run	Rest	3 mi long run	Rest
Week 2	Rest	1 mi short run	1,5 mi short run	1,5 mi short run	Rest	3 mi long run	Rest
Week 3	Rest	1,5 mi short run	1,5 mi short run	1,5 mi short run	Rest	4 mi long run	Rest
Week 4	Rest	1,5 mi short run	1,5 mi short run	2 mi short run	Rest	5 mi long run	Rest
Week 5	Rest	2 mi short run	2 mi short run	2 mi short run	Rest	6 mi long run	Rest
Week 6	Rest	2 mi short run	2 mi short run	2 mi tempo run	Rest	6 mi long run	Rest
Week 7	Rest	2 mi short run	2 mi short run	2 mi tempo run	Rest	9 mi long run	Rest
Week 8	Rest	2,5 mi short run	2,5 mi short run	2,5 mi tempo run	Rest	9 mi long run	Rest
Week 9	Rest	2,5 mi short run	2,5 mi short run	2,5 mi interval run	Rest	11 mi long run	Rest
Week 10	Rest	2,5 mi short run	2,5 mi short run	2,5 mi interval run	Rest	6,5 mi long run	Rest
Week 11	Rest	Rest	Rest	3 mi short run	Rest	Rest	HALF - MARATHON
Week 12	Rest	Rest	3 mi short run	3 mi short run	Rest	8 mi long run	Rest
Week 13	Rest	3 mi short run	3 mi short run	2,5 mi interval run	Rest	15 mi long run	Rest
Week 14	Rest	4 mi short run	4 mi short run	2,5 mi interval run	Rest	9 mi long run	Rest
Week 15	Rest	4 mi short run	4 mi short run	2,5 mi tempo run	Rest	17,5 mi long run	Rest
Week 16	Rest	4 mi short run	4 mi short run	2,5 mi tempo run	Rest	10 mi long run	Rest
Week 17	Rest	4 mi short run	4 mi short run	3 mi tempo run	Rest	20 mi long run	Rest
Week 18	Rest	4 mi short run	4 mi short run	4 mi short run	Rest	9 mi long run	Rest
Week 19	Rest	4 mi short run	4 mi short run	Rest	Rest	7 mi long run	Rest
Week 20	Rest	Rest	Rest	4 mi short run	Rest	Rest	MARATHON