

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST / XT	4MI EASY	REST / XT	TEMPO: 5MI	4MI EASY	REST / XT	LONG: 7MI
2	REST / XT	5MI EASY	REST / XT	MILE REPEATS: 2x1MI	4MI EASY	REST / XT	LONG: 8MI
3	REST / XT	5MI EASY	REST / XT	5MI w/ 3@HMP	4MI EASY	REST / XT	LONG: 9MI
4	REST / XT	5MI EASY	REST / XT	TEMPO: 6MI	4MI EASY	REST / XT	LONG: 9MI
5	REST / XT	5MI EASY	3MI EASY	7MI w/ 5@HMP	4MI EASY	REST / XT	5MI EASY
6	REST / XT	4MI EASY	REST / XT	MILE REPEATS: 3x1MI	4MI EASY	REST / XT	LONG: 10MI
7	REST / XT	3MI EASY	3MI EASY	TEMPO: 6MI	3MI EASY	REST / XT	LONG: 11MI
8	REST / XT	3MI EASY	3MI EASY	TEMPO: 7MI	4MI EASY	REST / XT	LONG: 13MI
9	REST / XT	3MI EASY	3MI EASY	MILE REPEATS: 4x1MI	3MI EASY	REST / XT	LONG: 10MI
10	REST / XT	3MI EASY	REST / XT	3MI w/ 1@<HMP	REST	REST	RACE DAY!

