

Plan	Week No.	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASE	1	Apr 17 - Apr 23	20 min Easy	Rest	30 min Easy	Cross Training	Rest	30 min Long	Rest
	2	Apr 24 - Apr 30	30 min Easy	Rest	30 min Easy	Cross Training	Rest	35 min Long	Rest
	3	May 1 - May 7	35 min Easy	Rest	30 min Easy	Cross Training	Rest	40 min Long	Rest
	4	May 8 - May 14	40 min Easy	Rest	35 min Easy	Cross Training	Rest	45 min Long	Rest
	5	May 15 - May 21	45 min Easy	Rest	35 min Easy	Cross Training	Rest	50 min Long	Rest
	6	May 22 - May 28	50 min Easy	Rest	40 min Easy	Cross Training	Rest	5K 3.1 miles	Rest
REGULAR	1	May 29 - Jun 4	3 miles Easy	3 miles Hard	Strength and Core	2 miles Easy	Rest	4 miles Long	Rest
	2	Jun 5 - Jun 11	3 miles Easy	3 miles Hard	Strength and Core	3 miles Easy	Rest	4 miles Long	Cross Training
	3	Jun 12 - Jun 18	3 miles Easy	3 miles Hard	Strength and Core	3 miles Easy	Rest	5 miles Long	Cross Training
	4	Jun 19 - Jun 25	3 miles Easy	3 miles Hard	Strength and Core	3 miles Easy	Rest	6 miles Long	Cross Training
	5	Jun 26 - Jul 2	3 miles Easy	4 miles Hard	Strength and Core	3 miles Easy	Rest	7 miles Long	Cross Training
	6	Jul 3 - Jul 9	3 miles Easy	4 miles Hard	Strength and Core	3 miles Easy	Rest	6 miles Long	Cross Training
	7	Jul 10 - Jul 16	3 miles Easy	4 miles Hard	Strength and Core	3 miles Easy	Rest	8 miles Long	Cross Training
	8	Jul 17 - Jul 23	3 miles Easy	HOTTEST DAY 5K	Strength and Core	4 miles Easy	Rest	9 miles Long	Rest
	9	Jul 24 - Jul 30	3 miles Easy	5 miles Hard	Strength and Core	4 miles Easy	Rest	6 miles Long	Cross Training
	10	Jul 31 - Aug 6	3 miles Easy	5 miles Hard	Strength and Core	4 miles Easy	Rest	9 miles Long	Cross Training
	11	Aug 7 - Aug 13	4 miles Easy	5 miles Hard	Strength and Core	4 miles Easy	Rest	10 miles Long	Rest
	12	Aug 14 - Aug 20	4 miles Easy	5 miles Goal Race Pace	Strength and Core	4 miles Easy	Rest	7 miles Long	Cross Training
	13	Aug 21 - Aug 27	4 miles Easy	5 miles Hard	Strength and Core	4 miles Easy	Rest	10 miles Long	Rest
	14	Aug 28 - Sep 3	4 miles Easy	5 miles Hard	Strength and Core	4 miles Easy	Rest	8 miles Long	Cross Training
	15	Sep 4 - Sep 10	4 miles Easy	5 miles Hard	Rest	5 miles Easy	Rest	11 miles Long	Rest
	16	Sep 11 - Sep 17	4 miles Easy	5 miles Hard	Strength and Core	5 miles Easy	Rest	6 miles Long	Cross Training
	17	Sep 18 - Sep 24	4 miles Easy	6 miles Hard	Rest	5 miles Easy	Rest	12 miles Long	Rest
	18	Sep 25 - Oct 1	4 miles Easy	5 miles Goal Race Pace	Strength and Core	4 miles Easy	Rest	8 miles Long	Cross Training
	19	Oct 2 - Oct 8	4 miles Easy	4 miles Hard	Rest	3 miles Easy	Rest	6 miles Long	Rest
	20	Oct 9 - Oct 15	3 miles Easy	3 miles Easy	Rest	2 miles Easy	Rest	Rest	Half Marathon!

EASY

These days are exactly what they say they are. You should be running at a relaxed pace, without breathing hard. If you are running with someone you should be able to easily carry on a conversation

HARD

It is important to challenge yourself once a week. You can choose between the following workouts for your 'hard' days:

Tempo: A tempo run consists of a warm-up period (1 mile) at an easy pace then pick a pace for the middle miles and finish easy for the last mile of the workout. Generally the middle miles, or tempo portion, is about 30-60 seconds per mile faster than your goal marathon pace. This helps you maintain your marathon pace over a longer period of time during the actual event.

Hills: Running a hillier course can help increase your strength and speed without requiring extra mileage. Try to maintain the same pace on the inclines and declines.

Intervals: Intervals help increase your running strength and improve your form. You can break down your mileage into intervals of 400m, 800m, or 1 mile. Start by doing a 1 mile warm up, then run each interval at a pace 60-90 seconds per mile faster than your goal marathon pace, resting for 2-4 minutes in between. You typically want to run intervals on a flat surface or a track.

LONG

This type of run covers a longer distance at a pace slower than your normal training pace, typically 1 to 2 minutes per mile slower than your goal marathon pace.

REST

Rest is important to let your muscles recover and rebuild. Take the day off and relax.

GOAL RACE PACE

Your goal race pace is the pace you plan to run the full or half marathon at. Your goal race pace can be calculated many ways and there are various predictors on-line.

For an on-line pace predictor, go to www.mcmillanrunning.com