

• **Week 1: July 9th, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 4 x 1/2 mile focus on form and turn over with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 8 miles.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 2: July 16th, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 6 x 1/2 mile, focus on form and turn over with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 10 miles.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 3: July 23rd, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 8 x 1/2 mile focus on form and turn over with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 12 miles.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 4: July 30th, 2012**

Monday: run 30 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: off

Friday: run 30 minutes or 30 minutes of cross training

Saturday: off

Sunday: run 8 miles

• **Week 5: August 6th, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 1/4, 1/2, 3/4, 1 mile. hard with 200 rest interval. cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 12 miles.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 6: August 13th, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 1/4, 1/2, 3/4, 1 mile. hard with 200 rest recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 13 miles

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 7: August 20th, 201**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 1/4, 1/2, 3/4, 1 mile, 3/4, 1/2, 1/4 hard with 200 rest c/d.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 14 miles

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 8: August 27th, 2012**

Monday: run 30 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: off

Friday: run 30 minutes or 30 minutes of cross training

Saturday: off

Sunday: run 8 miles

• **Week 9: September 3rd, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 4 x 1 miles HARD with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 16 miles.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 10: September 10th, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 4 x 1 miles HARD with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 18 miles

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 11: September 17th, 2012**

Monday: run 60 minutes

Tuesday: run 10 miles

Wednesday: run warm up until loose. 4 x 1 miles HARD with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 20 miles.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 12: September 24th, 2012**

Monday: run 30 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: off

Friday: run 30 minutes or 30 minutes of cross training

Saturday: off

Sunday: run 8 miles

• **Week 13: October 1st, 2012**

Monday: run 60 minutes

Tuesday: run 12 miles

Wednesday: run warm up until loose. 2 x 1.5 miles HARD with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 20 miles as 2 followed by 2 warm up race pace + 1 minute: 8 miles as race pace + 30 seconds. 8 miles at race pace to race pace - 10 seconds. cool down.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 14: October 8th, 2012**

Monday: off

Tuesday: run 12 miles

Wednesday: run warm up until loose. 3 x 1.5 miles HARD with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

Saturday: run 20 miles as 2 followed by 2 warm up race pace + 1 minute: 8 miles as race pace + 30 seconds. 8 miles at race pace to race pace - 10 seconds. cool down.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 15: October 15th, 2012**

Monday: off

Tuesday: run 12 miles

Wednesday: run warm up until loose. 3 x 1.5 miles HARD with 200 minutes easy recovery, cool down.

Thursday: run 60 minutes with extra hills

Friday: run 30 minutes

• **Week 15: October 15th, 2012 continued**

Saturday: run 20 miles as 2 followed by 2 warm up race pace + 1 minute: 8 miles as race pace + 30 seconds. 8 miles at race pace to race pace - 10 seconds. cool down.

Sunday: 60-120 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 16: TAPER - October 22nd, 2012**

Monday: off

Tuesday: run 30 minutes

Wednesday: run 60 minutes

Thursday: off

Friday: run easy 50 minutes

Saturday: off Sunday: run 10 miles

• **Week 17: TAPER - October 29th, 2012**

Monday: off

Tuesday: run 30 minutes

Wednesday: run 3 x 3 minutes with 3 minutes of stretching between 3 minute runs.

Thursday: run 20 minutes

Friday: off

Saturday: easy 5-15 minutes run to get loose. Take it easy! Do this early so you can relax the rest of the day.

Sunday: run 26.2 miles!