

• **Week 1: July 9th, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 45 minutes

Thursday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 45 minutes

Saturday: run 6 miles

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 2: July 16th, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 45 minutes

Saturday: run 8 miles

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 3: July 23rd, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 30 minutes

Saturday: run 10 miles

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 4: (Recovery week) July 30th, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: off

Friday: run 30 minutes or 30 minutes of cross training

Saturday: run 4 miles

Sunday: off

• **Week 5: August 6th, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 minutes or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 45 minutes

Saturday: run 12

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 6: August 13th, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 minutes or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 45 minutes

Saturday: run 14 miles

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 7: August 20th, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 minutes or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 45 minutes

Saturday: run 16 miles

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 8: (Recovery week) August 27th, 2012**

Monday: run 30 minutes

Tuesday: off

Wednesday: run 30 minutes

Thursday: off

Friday: run 30 minutes or 30 minutes of cross training

Saturday: run 6 miles

Sunday: off

• **Week 9: September 3rd, 2012**

Monday: run 50 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 minutes or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 50 minutes

Saturday: run 18 miles

Sunday: or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 10: September 10th, 2012**

Monday: run 50 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 minutes or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 40 minutes

Saturday: run 2 miles warm up / 4 x 1-1.5 miles @ goal race pace / cool down 2 miles.

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 11: September 17th, 2012**

Monday: run 50 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 30 minutes

Saturday: run 20 miles you can do it!

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 12: (Recovery week) September 24th, 2012**

Monday: run 30 minutes

Tuesday: off

Wednesday: run 30 minutes

Thursday: off

Friday: run 30 minutes or 30 minutes of cross training

Saturday: run 6

Sunday: or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 13: October 1st, 2012**

Monday: run 50 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 50 minutes

Saturday: run 20 miles!

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 14: October 8th, 2012**

Monday: run 50 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 minutes or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 30 minutes

Saturday: run 2 miles warm up / 4 x 1- 1.5 miles @ goal race pace / cool down 2 miles.

Sunday: off or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

• **Week 15: October 15th, 2012**

Monday: run 45 minutes

Tuesday: off

Wednesday: run 60 minutes

Thursday: run 30 minutes or 30-60 minutes of cross training such as spin, yoga, lifting and strength work.

Friday: run 30 minutes

Saturday: run 20 miles

Sunday: off

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

Monday: off

Tuesday: run 30 minutes

Wednesday: run 60 minutes

Thursday: off

Friday: run easy 30 minutes

Saturday: run 12 miles

Sunday: off

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

Monday: off

Tuesday: run 20 minutes

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

Thursday: off

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!