

• **Week 1: July 9th, 2012**

Monday: run 30 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 30 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 3.5 miles with breaks for walking if needed.

Sunday: off

• **Week 2: July 16th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 5 miles with breaks for walking if needed.

Sunday: off

• **Week 3: July 23rd, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 6.5 miles with breaks for walking if needed.

Sunday: off

• **Week 4: Recovery July 30th, 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 4 miles (see how much easier it is now then at the start!)

Sunday: off

• **Week 5: August 6th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45 minutes, with breaks for walking if needed.

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

Friday: run 45 minutes with breaks for walking if needed.

Saturday: run 8 miles with breaks for walking if needed.

Sunday: off

• **Week 6: August 13th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 9.5 miles with breaks for walking if needed.

Sunday: off

• **Week 7: August 20th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 11 miles with breaks for walking if needed.

Sunday: off

• **Week 8: Recovery: 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 5 miles

Sunday: off

• **Week 9: September 3rd, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 45 minutes with breaks for walking if needed.

Saturday: run 12.5 miles with breaks for walking if needed.

Sunday: off

• **Week 10: September 10th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 14 miles with breaks for walking if needed.

Sunday: off

• **Week 11: September 17th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 15.5 miles with breaks for walking if needed.

Sunday: off

• **Week 12: Recovery: 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 miles

Sunday: off

• **Week 13: October 1st, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 45 minutes with breaks for walking if needed.

Saturday: run 17 miles with breaks for walking if needed.

Sunday: off

• **Week 14: October 8th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 18.5 miles with breaks for walking if needed.

Sunday: off

• **Week 15: October 15th, 2012**

Monday: run 45 minutes, with breaks for walking if needed.

Tuesday: off

Wednesday: run 45-60 minutes, with breaks for walking if needed.

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

Friday: run 30 minutes with breaks for walking if needed.

Saturday: run 20 miles with breaks for walking if needed.

Sunday: off

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

Monday: off

Tuesday: run 30 minutes

Wednesday: run 30 minutes

Thursday: off

Friday: run easy 30 minutes

Saturday: run 10 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!**