

	<u>MON.</u>	<u>TUES.</u>	<u>WED.</u>	<u>THURS.</u>	<u>FRI.</u>	<u>SAT.</u>	<u>SUN.</u>	<u>Weekly Total</u>
Week 1	2 miles easy	Rest	3 miles easy	walk 30 mins.	2 miles easy	Walk/Hike	Rest	7 miles
Week 2	3 miles easy	walk 30 mins.	3 miles (middle mile moderate)	Rest	4 miles easy	Walk/Hike	Rest	10 miles
Week 3	4 miles (1 mile easy, 4x 1 min fast, 2 min easy, easy run to 4 miles)	2 miles easy	Rest	3 miles easy	walk 30 mins	4 mile progression run (each mile faster than the last one)	Rest	13 miles
Week 4	4 miles easy	walk 30 mins.	3 miles easy	4 miles (1 mile easy, 4 x 1.5 mins hard, 1.5 mins easy, run easy to 4 miles)	1 mile easy run, walk 30 mins	5 miles easy	Rest	17 miles