

<p>11/15- 11/21 WEEK 1</p>	<p>15 MILES AS YOU FEEL 3-4 days : 20-25 minutes of easy running</p> <p>3-4 DAYS: 5-10 minutes of core</p> <p>RUN EVERY OTHER DAY IF YOU CAN</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>
<p>11/22-11/28 WEEK 2</p> <p>TAKE 2 DAYS OFF THIS WEEK!</p>	<p>20 MILES:</p> <p>1 DAY: 6x30 second surges (strides) in the middle of an easy run w/ 2 minutes of easy running in between 1 DAY: Long Run (4-5 miles)</p> <p>4-5 DAYS: 5-10 minutes of core</p> <p>START INCORPORATING LIFTING THIS WEEK! (2x every week)</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>
<p>12/6-12/12 WEEK 4</p> <p>TAKE TWO DAY OFF THIS WEEK(you can supplement one day off with cross training if you like)</p>	<p>20 MILES:</p> <p>1 DAY: 6 x 1 minute pick-ups with 1 minute easy in between thrown into an easy run 1 DAY: Long Run (5 miles)</p> <p>5 DAYS: 5-10 minutes of core 2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>

<p>12/13-12/19</p> <p>WEEK 5</p> <p>TAKE ONE DAY OFF THIS WEEK</p>	<p>25 MILES:</p> <p>1 DAY: Run a hilly route (at least 4 hills and charge up the hills when you run them!)</p> <p>1 DAY: Progression run – gradually get faster as you go, however this should not be a difficult run. You should feel controlled and relaxed the entire time.</p> <p>1 DAY: LONG RUN (5-6 MILES)</p> <p>5 DAYS: 5-10 minutes of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>
<p>12/20-12/26</p> <p>WEEK 6</p> <p>TAKE ONE DAY OFF THIS WEEK</p>	<p>30 MILES:</p> <p>1 DAY: 6x30 second surges in the middle of an easy run w/ 1-2 minutes in between</p> <p>1 DAY: LONG RUN (6-7 MILES)</p> <p>5 DAYS: 5-10 minutes of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>
<p>12/27-1/2</p> <p>WEEK 7</p> <p>TAKE 2 DAYS OFF THIS WEEK!(you can supplement one day off with cross training if you like)</p>	<p>30-35 MILES (run as you feel: 2 here, 4 here):</p> <p>1 DAY: Easy Fartlek – 10 min Warm-up, 5,4,3,2,1 with 1 minute of very easy running in between, 10 min Cooldown</p> <p>1 DAY: LONG RUN (7-8 MILES)</p> <p>4 DAYS: 5-10 minutes of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>

<p>1/3-1/9</p> <p>WEEK 8</p> <p>TAKE ONE DAY OFF THIS WEEK!</p>	<p>20 MILES:</p> <p>1 DAY: Christmas Light Run – Run a route that has lots of Christmas lights on it ☺</p> <p>1 DAY: LONG RUN (4-5 MILES)</p> <p>5 DAYS: 5-10 minutes of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>
<p>1/10-1/16</p> <p>WEEK 9</p> <p>TAKE 2 DAY OFF THIS WEEK!(you can supplement one day off with cross training if you like)</p>	<p>30-35 MILES:</p> <p>1 DAY: Fartlek – 10 min Warm-up, 1 min “up”, 1 min “down” x 10, 10 min Cooldown (40 mins total) – Do this on a treadmill if you have access to one – otherwise on a day that is not icy</p> <p>1 DAY: LONG RUN (7-8 miles)</p> <p>5 DAYS: 5-10 minutes of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>

<p>1/17-1/23 WEEK 10</p> <p>TAKE ONE DAY OFF THIS WEEK!</p>	<p>35-40 MILES:</p> <p>1 DAY: Run a hilly route for an easy run</p> <p>1 DAY: 10 minute WU, 6x90 seconds (400m – “mile pace”), with 2 minutes of easy running in between, 10 min CD – ONLY DO THIS WORKOUT IF YOU HAVE ACCESS TO A TREADMILL OR ITS NOT ICY OUT!</p> <p>1 DAY: LONG RUN (7-8 miles)</p> <p>5 DAYS: 5-10 minutes of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>
<p>1/24-1/30 WEEK 11</p> <p>TAKE 2 DAYS OFF THIS WEEK!(you can supplement one day off with cross training if you like)</p>	<p>35 MILES:</p> <p>1 DAY: Progression run – gradually get faster as you go, however this should not be a difficult run. You should feel controlled and relaxed the entire time.</p> <p>1 DAY: LONG RUN (7-8 MILES)</p> <p>4 DAYS: 5-10 minutes of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>

1/31-2/6 WEEK 12 TAKE ONE DAY OFF THIS WEEK!	15-20 MILES: 1 DAY: Find a hilly route (at least 4 “hills”) to run 1 DAY: Go on a run without a watch ☺ 1 DAY: LONG RUN (4 MILES) 5 DAYS: 5-10 minutes of core 2 DAYS: Lifting Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.
2/7-2/13 WEEK 13 Take 2 DAYS OFF THIS WEEK!(you can supplement one day off with cross training if you like)	30-35 MILES: 1 DAY: LONG RUN (7-8 MILES) 1 DAY: FARTLEK - 10 min warm-up, 6,5,4,3,2,1 up @ tempo pace with 1 min of easy running in between each. Only do this if there is a day that is not slick or you have access to a treadmill! 5 DAYS: 5-10 mins of core 2 DAYS: Lifting Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.
2/14-2/20 WEEK 14 TAKE ONE DAY OFF THIS WEEK!	35-40 MILES: 1 DAY: LONG RUN (7-8 MILES) 1 DAY: 10 minute warm-up, 6-8x 3 minute up intervals w/ 3 min easy running in between, 10 min cooldown. 5 DAYS: 5-10 mins of core 2 DAYS: Lifting Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.

<p>2/21-2/27 WEEK 15</p> <p>TAKE TWO DAYS OFF THIS WEEK! (you can supplement one day off with cross training if you like)</p>	<p>35 MILES:</p> <p>1 DAY: LONG RUN (7 MILES)</p> <p>1 DAY: Progression Run - gradually get faster as you go throughout your run. This can be any distance about 3 miles. You should NOT end the run in a full sprint, but rather tempo pace.</p> <p>5 DAYS: 5-10 mins of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>
<p>2/28-3/6 WEEK 16</p> <p>TAKE ONE DAY OFF THIS WEEK!</p>	<p>25 MILES:</p> <p>1 DAY: LONG RUN (5 MILES)</p> <p>1 DAY: Pick a hilly route to run and in the workout throw in 10x30 second surges with a minute or more of easy running in between each of them.</p> <p>5 DAYS: 5-10 mins of core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day.</p>

3/7-3/13 WEEK 17 TAKE 4 DAYS OFF THIS WEEK!	<p>MILEAGE DOES NOT MATTER! RUN MON-TUES-WED and take THURS-FRI-SAT-SUN OFF</p> <p>3 Easy days of running with some strides after each of the 3 days. You pick the distance :) It is a down week!</p> <p>4 DAYS: 5-10 mins of Core</p> <p>2 DAYS: Lifting</p> <p>Every other day we are doing 4-6 strides at the end of the run - including easy days and workout days. The only days I would not do them is your long run day. .</p>
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