

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Dec 15 - Dec 21 (week 1)	cross-training	decending ladder track workout 1200,1000, 800, 600, 400 m negative split 5 miles total (at 10k pace) w/ warm up + down	run 3	run 4	rest	run 5	run 8	25
Dec 22 - Dec 28 (week 2)	cross-training	Pyramid Workout 400, 800, 1200, 800, 400 5 miles total w/ warm up + down	run 3	run 4	rest	run 5	run 9	26
Dec 29 - Jan 4 (week 3)	cross-training	interval track workout 7 x 600s meters w/ 3 minute active rest 5 miles total w/ warm up + down	run 3	run 4	rest	run 5	run 6	23
Jan 5 - Jan 11 (week 4)	cross-training	interval track workout 5 x 800s w/ 4 minute active rest 5 miles total w/ warm up + down	run 3	run 5	rest	run 6	run 11	30
Jan 12 - Jan 18 (week 5)	cross-training	track workout 4 x 1000 w/ 5 minute active rest 5 miles total w/ warm up + down	run 3	run 4	rest	run 6	run 12	30
Jan 19 - Jan 25 (week 6)	cross-training	track workout 3 x 1200 m w/ 6 minute active rest 5 miles total w/ warm up + down	run 3	run 4	rest	run 6	run 9	27
Jan 26 - Feb 1 (week 7)	cross-training	decending ladder track workout 1200,1000, 800, 600, 400 m negative split 5 miles total (at 10k pace) w/ warm up + down	run 4	run 5	rest	run 7	run 14	35
Feb 2 - Feb 8 (week 8)	cross-training	Pyramid Workout 400, 800, 1200, 800, 400 5 miles total w/ warm up + down	run 4	run 5	rest	run 7	run 15	36
Feb 9 - Feb 15 (week 9)	cross-training	interval track workout 7 x 600s meters w/ 3 minute active rest 5 miles total w/ warm up + down	run 4	run 5	rest	run 7	run 11	32
Feb 16 - Feb 22 (week 10)	cross-training	interval track workout 5 x 800s w/ 4 minute active rest 5 miles total w/ warm up + down	run 4	run 5	rest	run 8	run 17	39
Feb 23 - Mar 1 (week 11)	cross-training	track workout 4 x 1000 w/ 5 minute active rest 5 miles total w/ warm up + down	run 5	run 6	rest	run 8	run 18	42
Mar 2 - Mar 8 (week 12)	cross-training	track workout 3 x 1200 m w/ 6 minute active rest 5 miles total w/ warm up + down	run 5	run 6	rest	run 8	run 13	37
Mar 9 - Mar 15 (week 13)	cross-training	decending ladder track workout 1200,1000, 800, 600, 400 m negative split 5 miles total (at 10k pace) w/ warm up + down	run 5	run 6	rest	run 5	run 20	41
Mar 16 - Mar 22 (week 14)	cross-training	Pyramid Workout 400, 800, 1200, 800, 400 5 miles total w/ warm up + down	run 5	run 6	rest	run 8	run 12	36
Mar 23 - Mar 29 (week 15)	cross-training	interval track workout 7 x 600s meters w/ 3 minute active rest 5 miles total w/ warm up + down	run 5	run 6	rest	run 5	run 19	40
Mar 30 - Apr 5 (week 16)	cross-training	interval track workout 5 x 800s w/ 4 minute active rest 5 miles total w/ warm up + down	run 5	run 6	rest	run 4	run 12	32
Apr 6 - Apr 12 (week 17)	cross-training	track workout 4 x 1000 w/ 5 minute active rest 5 miles total w/ warm up + down	run 4	run 5	rest	run 3	run 8	25
Apr 13 - Apr 19 (week 18)	cross-training	track workout 3 x 1200 m w/ 6 minute active rest 5 miles total w/ warm up + down	run 3	run 4	rest	run 2	rest	14
Apr 20 - Apr 26 MARATHON	26.2 RACE DAY!!	rest stretch	rest swim/stretch	rest swim/stretch	cross-train	cross-train	rest	