

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE/WK
MARCH 1	MARCH 2	MARCH 3	MARCH 4	MARCH 5	MARCH 6	MARCH 7	
2 IN	2 HL	R	3 EZ	R	3 EZ	R	10
MARCH 8	MARCH 9	MARCH 10	MARCH 11	MARCH 12	MARCH 13	MARCH 14	
3 HI	2 EZ	R	3 IN	R/XT	2 EZ	R	10
MARCH 15	MARCH 16	MARCH 17	MARCH 18	MARCH 19	MARCH 20	MARCH 21	
2 EZ	R/XT	3 PR	R	3 EZ	R	4LSD	12
MARCH 22	MARCH 23	MARCH 24	MARCH 25	MARCH 26	MARCH 27	MARCH 28	
2 HI	2 EZ	R	3 TP	R/XT	R	4LSD	11
MARCH 29	MARCH 30	MARCH 31	APRIL 1	APRIL 2	APRIL 3	APRIL 4	
R/XT	2 HL	R	3 EZ	R	4LSD	R	9
APRIL 5	APRIL 6	APRIL 7	APRIL 8	APRIL 9	APRIL 10	APRIL 11	
4 HI	2 EZ	R	3 IN	R/XT	4 EZ	R	13
APRIL 12	APRIL 13	APRIL 14	APRIL 15	APRIL 16	APRIL 17	APRIL 18	
4 TP	R/XT	2 EZ	4 HI	R	5 LSD	R	15
APRIL 19	APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24	APRIL 25	
4 EZ	R/XT	5 PR	R	3 EZ	R	6 LSD	18
APRIL 26	APRIL 27	APRIL 28	APRIL 29	APRIL 30	MAY 1	MAY 2	
4 HI	4 EZ	R	5 TP	R/XT	7 LSD	R	20
MAY 3	MAY 4	MAY 5	MAY 6	MAY 7	MAY 8	MAY 9	
R/XT	4 HL	R	3 EZ	6 LSD	R	R	13
MAY 10	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15	MAY 16	
2 IN	4 HL	R	4 EZ	R	5 EZ	R	15
MAY 17	MAY 18	MAY 19	MAY 20	MAY 21	MAY 22	MAY 23	
R	4 EZ	R	2 EZ	STRETCH	2 EZ	RACE	8

RUNS DEFINED

XT: Cross-training - whatever workout you like! Yoga, aerobic class, elliptical trainer, strength...anything!
HI: Rolling hills or hill intervals. Outside if you can't find many hills, break up the run with some hill repeats.
TP: Tempo - for speed endurance - take first mile at very comfortable pace, run middle mile(s) at pace that challenges you, you feel like you want to slow down, and last mile slow and comfortable.
PR: Start off slow and easy and at the last (half or third) of the run pick up the pace and try to leave your energy and motivation on the road
EZ: Exactly as it sounds, an easy, comfortably paced run. Hopefully you'll see this pace get faster as the training progresses!
LSD: Long slow distance run. Take your time, enjoy the run, these are good for your endurance and strength!
IN: Interval -Two speeds, slower than comfortable and as fast as you can hold for X amount of time. Best intervals are 1 min effort to 3 min recovery. Change up both speeds and ratio of effort to recovery to surprise your muscles and heart.