

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	OFF	6.5 km Zone 1	Cross Train: 30 minutes	8.0 km Zone 1	OFF	5.0 km Zone 1	Distance Run 10.0 km Zone 1
<b>2</b>	XT: 30 minutes	8.0 km Zone 1	OFF	Intervals: 8.0 km Hard - Zone 3/4: 3 minutes Easy - Zone 1: 3 minutes	Cross Train: 30-45 minutes	6.5 km Zone 1	Distance Run 14.5 km Zone 1
<b>3</b>	OFF	5.0 km Zone 1	OFF	Intervals: 5.0 km Hard - Zone 3/4: 6 minutes Easy - Zone 1: 1 minute	OFF	5.0 km Zone 1	Distance Run 10.0 km Zone 1
<b>4</b>	XT: 30-45 minutes	8.0 km Intervals* 2 x 1 minute + 2 x 2 minutes @	OFF	Interval: 10.0 km Hard - Zone 3/4: 4 minutes Easy - Zone 1: 2 minutes	Cross Train: 30-45 minutes	10.0 km Zone 1	Distance Run 18.0 km Zone 1
<b>5</b>	OFF	10.0 km Intervals* 2 x 2 minutes + 1 x 3 minutes @	Cross Train: 30-45 minutes	Tempo Run: 20 minutes* + 3.0 km	OFF	10.0 km Zone 1	Distance Run 22.5 km Zone 1
<b>6</b>	OFF	8.0 km Intervals* 2 x 2 minutes + 1 x 3 minutes	Cross Train: 30-45 minutes	10.0 km Zone 1	OFF	6.0 km: 3.0 km Tempo Run	Distance Run 18.0 km Zone 1
<b>7</b>	OFF	Speed Work: Total: 10.0 km * 1 x 800 + 2 x 1000 + 1 x 1200 (add 3.0 km warm-up/cool-down)	Cross Train: 30-45 minutes	Tempo Run: 20-30 minutes* plus 3.0 km @ Distance Run intensity	13.0 km Zone 1	OFF	Distance Run 27.0 km Zone 1
<b>8</b>	OFF	Speed Work: Total: 11.0 km* 1 x 800 m + 3 x 1000 m + 1 x 1200 m (add 4.0 km warm-up/cool-down)	Cross Train: 30-45 minutes	Tempo Run: 30 minutes* plus 5.0 km Distance Run intensity	14.0 km Zone 1	OFF	Distance Run 32.0 km Zone 1
<b>9</b>	OFF	Speed Work: Total: 8.0 km* 1 x 1000m + 2 x 1200 m + 1 x 800 m	OFF	Tempo Run: 20 minutes*	10.0 km Zone 1	OFF	Distance Run 22.5 km Zone 1
<b>10</b>	OFF	5.0 km 2 x 2 minutes at "9 minute mile pace"	OFF	6.0 km Zone 1	OFF	OFF or Run 3.0 km Zone 1	RACE DAY!!!!