

WEEK 1

			MON Rest Day	TUE Easy Run: 5-minute warm-up + 20-minute run 5-minute cooldown
WED Strength Train or Cross-Train	THUR Intervals: 5-minute warm-up 10 x 30 seconds of speed + 1 minute of recovery 5-minute cooldown	FRI Strength Train	SAT Rest or Active Recovery	SUN Long Run: 0.5-mile warm-up + 3-mile run 0.5-mile cooldown

WEEK 2

			MON Rest Day	TUE Easy Run: 5-minute warm-up + 20-minute run 5-minute cooldown
WED Strength Train or Cross-Train	THUR Intervals: 5-minute warm-up 10 x 1 minute of speed + 1 minute of recovery 5-minute cooldown	FRI Strength Train	SAT Rest or Active Recovery	SUN Long Run: 0.5-mile warm-up + 3-mile run 0.5-mile cooldown


WEEK 3

			MON Rest Day	TUE Easy Run: 5-minute warm-up + 30-minute run 5-minute cooldown
WED Strength Train or Cross-Train	THUR Intervals: 5-minute warm-up 6 x 2 minutes of speed + 1 minute of recovery 5-minute cooldown	FRI Strength Train	SAT Rest or Active Recovery	SUN Long Run: 0.5-mile warm-up + 5-mile run 0.5-mile cooldown

WEEK 4

			MON Rest Day	TUE Easy Run: 5-minute warm-up + 30-minute run 5-minute cooldown
WED Strength Train or Cross-Train	THUR Intervals: 5-minute warm-up 10 x 1 minute of speed + 1 minute of recovery 5-minute cooldown	FRI Strength Train	SAT Rest or Active Recovery	SUN Long Run: 0.5-mile warm-up + 5-mile run 0.5-mile cooldown

WEEK 5

			MON Strength Train	TUE Easy Run: 5-minute warm-up + 15-minute run 5-minute cooldown
WED Strength Train or Cross-Train	THUR Intervals: 5-minute warm-up 10 x 30 seconds of speed + 1 minute of recovery 5-minute cooldown	FRI Rest or Active Recovery	SAT Easy Run: 0.5-mile brisk walk + 0.5-mile run 0.5-mile easy walk	SUN  Race Day!