## Week 1

**Monday (MON)**
- Easy Run: 5-minute warm-up + 20-minute run + 5-minute cooldown

**Tuesday (TUE)**
- Intervals: 5-minute warm-up + 10 x 30 seconds of speed + 1 minute of recovery + 5-minute cooldown

**Wednesday (WED)**
- Rest Day

**Thursday (THUR)**
- Tempo Run: 5-minute warm-up + 20-minute run + 5-minute cooldown

**Friday (FRI)**
- Intervals: 5-minute warm-up + 10 x 1 minute of speed + 1 minute of recovery + 5-minute cooldown

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile warm-up + 3-mile run + 0.5-mile cooldown

## Week 2

**Monday (MON)**
- Easy Run: 5-minute warm-up + 20-minute run + 5-minute cooldown

**Tuesday (TUE)**
- Intervals: 5-minute warm-up + 10 x 1 minute of speed + 1 minute of recovery + 5-minute cooldown

**Wednesday (WED)**
- Rest Day

**Thursday (THUR)**
- Tempo Run: 5-minute warm-up + 20-minute run + 5-minute cooldown

**Friday (FRI)**
- Intervals: 5-minute warm-up + 10 x 2 minutes of speed + 1 minute of recovery + 5-minute cooldown

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile warm-up + 3-mile run + 0.5-mile cooldown

## Week 3

**Monday (MON)**
- Easy Run: 5-minute warm-up + 30-minute run + 5-minute cooldown

**Tuesday (TUE)**
- Intervals: 5-minute warm-up + 6 x 2 minutes of speed + 1 minute of recovery + 5-minute cooldown

**Wednesday (WED)**
- Rest Day

**Thursday (THUR)**
- Tempo Run: 5-minute warm-up + 20-minute run + 5-minute cooldown

**Friday (FRI)**
- Intervals: 5-minute warm-up + 10 x 1 minute of speed + 1 minute of recovery + 5-minute cooldown

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile warm-up + 5-mile run + 0.5-mile cooldown

## Week 4

**Monday (MON)**
- Easy Run: 5-minute warm-up + 30-minute run + 5-minute cooldown

**Tuesday (TUE)**
- Intervals: 5-minute warm-up + 10 x 1 minute of speed + 1 minute of recovery + 5-minute cooldown

**Wednesday (WED)**
- Rest Day

**Thursday (THUR)**
- Tempo Run: 5-minute warm-up + 20-minute run + 5-minute cooldown

**Friday (FRI)**
- Intervals: 5-minute warm-up + 10 x 30 seconds of speed + 1 minute of recovery + 5-minute cooldown

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile warm-up + 5-mile run + 0.5-mile cooldown

## Week 5

**Monday (MON)**
- Easy Run: 5-minute warm-up + 15-minute run + 5-minute cooldown

**Tuesday (TUE)**
- Intervals: 5-minute warm-up + 10 x 30 seconds of speed + 1 minute of recovery + 5-minute cooldown

**Wednesday (WED)**
- Rest Day

**Thursday (THUR)**
- Tempo Run: 5-minute warm-up + 20-minute run + 5-minute cooldown

**Friday (FRI)**
- Rest or Cross-Train

**Saturday (SAT)**
- Easy Run: 5-minute warm-up + 10-minute run + 5-minute cooldown

**Sunday (SUN)**
- Race Day!