

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pre-training 7M	OFF	3M	5M	1 3-5M or OFF	2 5M	3 3M Weekly mileage: 23-28
4 7M	5 OFF	6 3M	7 5M	8 3M-5M or OFF	9 5M	10 3M Weekly mileage: 23-28
11 1/2 marathon training starts 8M	12 OFF	13 4M	14 6M	15 3M-5M or OFF	16 6M	17 4M Weekly mileage: 28-33
18 9M	19 OFF	20 Fartlek 5M	21 3M	22 3M-5M or OFF	23 6M	24 5M Weekly mileage: 28-33
25 10M	26 OFF	27 5-6 x 90sec. hills 5K-10Kpace	28 3M	29 3M-5M or OFF	30 6M	31 6M or OFF Weekly mileage: 30-35

Advanced Schedule

**Note: all training is in miles.
Off days may be switched to fit your individual schedules**

Fartlek—1 mile warm up and cool down, middle miles at 10K race pace.
All workouts—at least 1 mile warm up and cool down.

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 5K-5mile road race Or 8M	2 OFF	3 Fartlek—5M	4 3M	5 3M-5M or OFF	6 6M	7 4M Weekly mileage: 26-31
8 11M	9 OFF	10 6-7 x 90sec. Hills 5k-10k pace	11 6M	12 3M-5M or OFF	13 6M	14 4M Weekly mileage: 32-37
15 12M	16 OFF	17 Fartlek—5M	18 7M	19 3M-5M or OFF	20 7M	21 4M Weekly mileage: 35-40
22 13M	23 OFF	24 3 x 1 mile 5K-10K pace (2 min. recoveries)	25 7M	26 3M-5M or OFF	27 7M	28 4M Weekly mileage: 36-41

Advanced Schedule

**Note: all training is in miles.
Off days may be switched to fit your individual schedules**

Fartlek—1 mile warm up and cool down, middle miles at 10K race pace. All workouts—at least 1 mile warm up and cool down.

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10K road race or 10M	2 OFF	3 6 x 3min (5K pace) (2 min. recoveries)	4 5M	5 3M-5M or OFF	6 7M	7 5M Weekly mileage: 32-37
8 14M	9 OFF	10 3 x 1 mile (5Kpace) (3 min. recoveries)	11 7M	12 3M-5M or OFF	13 7M	14 4M Weekly mileage: 35-40
15 15M	16 OFF	17 6 x 3min (5K pace) (2 min. recoveries)	18 7M	19 3M-5M or OFF	20 7M	21 5M Weekly mileage: 39-44
22 12M	23 OFF	24 5M	25 6M	26 3M-5M or OFF	27 5M	28 5M Weekly mileage: 33-38
29 8M	30 OFF	31 4M				

Advanced Schedule

Note: all training is in miles. Off days may be switched to fit your individual schedules

Fartlek—1 mile warm up and cool down, middle miles at 10K race pace.
All workouts—at least 1 mile warm up and cool down.

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6M	2 OFF	3 4M	4 3M Weekly mileage:25
5 Great Bay 1/2 Race Day!!!	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Advanced Schedule

**Note: all training is in miles.
Off days may be switched to fit your individual schedules**

Fartlek—1 mile warm up and cool down, middle miles at 10K race pace.
All workouts—at least 1 mile warm up and cool down.