

Week 1 (Jan 27 - Feb 4)			
	Advanced Run Group	Run Group	Run/Walk Group
27-Jan Saturday	5 Miles	5 Miles	5 Miles
28-Jan Sunday	Optional Run (3 Miles)	Rest/XT	Rest/XT
29-Jan Monday	5 Miles	5 Miles	3 Miles
30-Jan Tuesday	7-8 Miles: Hill Course Recommended	Rest/XT	Rest/XT
29-Jan Monday	Rest	Rest/XT	30 Min R/W
30-Jan Tuesday	3-4 Miles	2 Miles	Rest/XT
31-Jan Wednesday	4-5 Miles	Rest/XT	30 Min R/W
1-Feb Thursday	Rest	3 Miles	Rest/XT
2-Feb Friday	4-5 Miles	Rest/XT	Easy Walk/XT
3-Feb Saturday	3-4 Miles	4 Miles	4 Mile R/W
4-Feb Sunday	7-8 Miles: Rolling Hill Course Recommended	Rest/XT	Rest/XT
Week 2 (Feb 5-Feb 11)			
	Advanced Run Group	Run Group	Run/Walk Group
5-Feb Monday	Rest	Rest/XT	30 Min R/W
6-Feb Tuesday	Tempo Intervals: 6-8 x 1/2 mile @ Half Marathon Pace w/ 90 seconds rest	2 Miles	Rest/XT
7-Feb Wednesday	5-6 Miles	Rest/XT	30 Min R/W
8-Feb Thursday	Rest	3 Miles	Rest/XT
9-Feb Friday	5-6 Miles	Rest/XT	Easy Walk/XT
10-Feb Saturday	3-4 Miles	5 Miles	5 Mile R/W
11-Feb Sunday	8-9 Miles: Rolling Hill Course Recommended	Rest/XT	Rest/XT
Week 3 (Feb 12 - 18)			
	Advanced Run Group	Run Group	Run/Walk Group
12-Feb Monday	Rest	Rest/XT	30 Min R/W
13-Feb Tuesday	4-5 Miles	2 Miles	Rest/XT
14-Feb Wednesday	Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest	Rest/XT	30 Min R/W
15-Feb Thursday	Rest	4 Miles	Rest/XT
16-Feb Friday	5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest	Rest/XT	Easy Walk/XT
17-Feb Saturday	3-4 Miles	5 Miles	2.5 Mile R/W
18-Feb Sunday	9-10 Miles: Rolling Hill Course Recommended	Rest/XT	Rest/XT
Week 4 (Feb 19 - 25)			
	Advanced Run Group	Run Group	Run/Walk Group
19-Feb Monday	Rest	Rest/XT	30 Min R/W
20-Feb Tuesday	5-6 Miles	2 Miles	Rest/XT
21-Feb Wednesday	Progression Run: 4 miles, 3-4 minutes rest, then 4 x 60 seconds hard with 90 seconds rest	Rest/XT	30 Min R/W
22-Feb Thursday	Rest	5 Miles	Rest/XT
23-Feb Friday	3-4 Miles	Rest/XT	Easy Walk/XT
24-Feb Saturday	Half Marathon Simulation: 4 miles easy, 4 miles at goal pace, 2 miles easy	6 Miles	6.5 Mile R/W
25-Feb Sunday	3-4 Miles	Rest/XT	Rest/XT

Week 5 (Feb 26 - Mar 3)			
	Advanced Run Group	Run Group	Run/Walk Group
26-Feb Monday	Rest	Rest/XT	30 Min R/W
27-Feb Tuesday	5-6 Miles	3 Miles	Rest/XT
28-Feb Wednesday	Tempo Intervals: 4 x mile at Half Marathon Pace with 2 minutes rest	Rest/XT	30 Min R/W
29-Feb Thursday	Rest	6 Miles: Hill Route	Rest/XT
1-Mar Friday	5-6 miles, 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest	Rest/XT	Easy Walk/XT
2-Mar Saturday	4-5 Miles	7 Miles	3 miles @ MM pace
3-Mar Sunday	9-10 Miles: Rolling Hill Course Recommended	Rest/XT	Rest/XT
Week 6 (Mar 4 - 10)			
	Advanced Run Group	Run Group	Run/Walk Group
4-Mar Monday	Rest	Rest/XT	30 Min R/W
5-Mar Tuesday	5-6 Miles	2 Miles	Rest/XT
6-Mar Wednesday	Progression Run: 4 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest	Rest/XT	30 Min R/W
7-Mar Thursday	Rest	6 Miles OR 4 Miles @ 1/2	Rest/XT
8-Mar Friday	3-4 Miles	Rest/XT	Easy Walk/XT
9-Mar Saturday	1/2 Mara. Sim.: Half Marathon Simulation: 4 miles easy, 4 miles at goal pace, 2 miles easy	6 Miles	8 Mile R/W
10-Mar Sunday	3-4 Miles	Rest/XT	Rest/XT
Week 7 (Mar 11 - 17)			
	Advanced Run Group	Run Group	Run/Walk Group
11-Mar Monday	Rest	Rest/XT	30 Min R/W
12-Mar Tuesday	5-6 Miles	4 Miles	Rest/XT
13-Mar Wednesday	Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3	Rest/XT	30 Min R/W
14-Mar Thursday	Rest	Hill Route	Rest/XT
15-Mar Friday	5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest	Rest/XT	Easy Walk/XT
16-Mar Saturday	4-5 Miles	6 Miles	3 miles @ MM pace
17-Mar Sunday	10-11 Miles: Long Run, steady effort	Rest/XT	Rest/XT
Week 8 (Mar 18 - 24)			
	Advanced Run Group	Run Group	Run/Walk Group
18-Mar Monday	Rest	Rest/XT	30 Min R/W
19-Mar Tuesday	5-6 Miles	4 Miles	Rest/XT
20-Mar Wednesday	Progression Run: 5 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest	Rest/XT	30 Min R/W
21-Mar Thursday	Rest	7 Mile with 4 Miles at	Rest/XT
22-Mar Friday	4-5 Miles	Rest/XT	Easy Walk/XT
23-Mar Saturday	Half Marathon Simulation: 5 miles easy, 5 miles at goal pace, 2 miles easy on rolling hills	8 Miles	9.5 Mile R/W
24-Mar Sunday	3-4 Miles	Rest/XT	Rest/XT

Week 9 (Mar 25 - 31)			
	Advanced Run Group	Run Group	Run/Walk Group
25-Mar Monday	Rest	Rest/XT	30 Min R/W
26-Mar Tuesday	5-6 Miles	2 Miles	Rest/XT
27-Mar Wednesday	Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 miles at 10k pace, 3 minutes rest, 4 x 1/4 mile at 5k pace with 2 minutes rest	Rest/XT	30 Min R/W
28-Mar Thursday	Rest	7 Miles with 4 Miles at 1/2 Marathon Pace	Rest/XT
29-Mar Friday	5-6 miles, 3-4 minutes rest, then 5 x 50 seconds hard with 75 seconds rest	2 Miles	Easy Walk/XT
30-Mar Saturday	4-5 Miles	10 Miles	4 Mile R/W
31-Mar Sunday	11-12 Miles: Steady Effort	Rest/XT	Rest/XT
Week 10 (Apr 1 - 7)			
	Advanced Run Group	Run Group	Run/Walk Group
1-Apr Monday	Rest	3 Miles	30 Min R/W
2-Apr Tuesday	5-6 Miles	Rest/XT	Rest/XT
3-Apr Wednesday	Progression Run: 6 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest	7 Miles with 5 Miles @ 1/2 Marathon Pace	30 Min R/W
4-Apr Thursday	Rest	Rest/XT	Rest/XT
5-Apr Friday	4-5 Miles	2 Miles	Easy Walk/XT
6-Apr Saturday	Half Marathon Simulation: 5 miles easy, 5 miles at goal pace, 2 miles easy on rolling hills course	10 Miles	11 Mile R/W
7-Apr Sunday	3-4 Miles	Rest/XT	Rest/XT
Week 11 (Apr 8 - 14)			
	Advanced Run Group	Run Group	Run/Walk Group
8-Apr Monday	Rest	Rest/XT	30 Min R/W
9-Apr Tuesday	4-5 Miles	2 Miles	Rest/XT
10-Apr Wednesday	Tempo Intervals: 3 miles at Half Marathon Pace, 4 minutes rest, 1 miles at 10k Pace, 3 minutes rest, 4 x 1/4 mile at 5k Pace with 2 minutes rest	Rest/XT	30 Min R/W
11-Apr Thursday	Rest	7 Miles with 4 Miles @ 1/2 Marathon Pace	Rest/XT
12-Apr Friday	5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest	2 Miles	Easy Walk/XT
13-Apr Saturday	3-4 Miles	9 Miles	4 miles @ MM pace
14-Apr Sunday	8 Miles*: Easy Effort on Flat Course	Rest/XT	Rest/XT
Week 12 (Apr 15 - 21)			
	Advanced Run Group	Run Group	Run/Walk Group
15-Apr Monday	Rest	Rest/XT	Rest/XT
16-Apr Tuesday	Progression Run: 3 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest	2 Miles	30 Min R/W
17-Apr Wednesday	4-5 Miles	Rest/XT	Rest/XT
18-Apr Thursday	3 Miles	5 Miles with 3 Miles @ 1/2 Marathon Pace	30 Min R/W
19-Apr Friday	Rest	Rest	Rest
20-Apr Saturday	Rest	Rest	Rest
21-Apr Sunday	Race Day	Race Day	Race Day