|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** | **TOTAL** |
| **1** | 4 Miles  Easy | 3 Miles Easy | 30 minute Cardio & Cross Train | 4 miles  -w- 30 min @ Tempo | 3 Miles Easy  Core Work & Strength Training | Rest | Long Run  6 Miles  easy | **20 Miles** |
| **2** | 4 Miles Easy | 3 Miles Easy | 30 minute Cardio & Cross Train | Hill Repeats  (5 Miles Total) | 3 Miles Easy  Core Work & Strength Training | Rest | Long Run  6 Miles easy | **21 Miles** |
| **3** | 5 Miles Easy | 4 Miles Easy | 30 minute Cardio & Cross Train | Mile Repeats  2 x 1 Mile | 4 Miles Easy  Core Work & Strength Training | Rest | Long Run  7 Miles easy | **22 Miles** |
| **4** | 5 Miles  Easy | 3 Miles Easy | 30 minute Cardio & Cross Train | 4 Mile Tempo Run | 4 Miles Easy Core Work & Strength Training | Rest | Long Run  7 Miles easy | **23 Miles** |
| **5** | 5 Miles  Easy | 3 Miles Easy | 30 minute Cardio & Cross Train | Hill Repeats  (4 Miles Total) | 4 Miles Easy  Core Work & Strength Training | Rest | Long Run  8 Miles easy | **24 Miles** |
| **6** | 4 Miles  Easy | 3 Miles Easy | 30 minute Cardio & Cross Train | 5 Mile Tempo Run | 4 Miles Easy  Core Work & Strength Training | Rest | Long Run  9 Miles easy | **25 Miles** |
|  |  |  |  |  |  |  |  |  |
| **7** | 4 Miles  Easy | 4 Miles Easy | 30 minute Cardio & Cross  Train | Mile Repeats  4 x 1 | 4 Miles Easy  Core Work & Strength Training | Rest | Long Run  10 Miles easy | **26 Miles** |
| **8** | 4 Miles  Easy | 3 Miles Easy | 30 minute Cardio & Cross Train | 5 Miles @ Race Pace | 4 Miles Easy  Core Work & Strength Training | Rest | Long Run  11 Miles easy | **27 Miles** |
| **9** | 3 Miles  Easy | 4 Miles Easy | 30 minute Cardio & Cross Train | 6 miles @ Race Pace | 4 Miles Easy  Core Work & Strength Training | Rest | Long Run  12 Miles easy | **29 Miles** |
| **10** | 3 Miles | 4 Miles Easy | 30 minute Cardio & Cross Train | 5 Mile Tempo Run | 4 Miles Easy  Core Work  Core Work & Strength Training | Rest | Long Run  13 Miles easy | **29 Miles** |
| **11** | 3 Miles  Easy | 4 Miles Easy | 30 minute Cardio & Cross Train | Mile Repeats  4 x 1 | 4 Miles Easy  Core Work  Core Work & Strength Training | Rest | Long Run  10 Miles  easy | **25 Miles** |
| **12** | 3 Miles  Easy | 2 Miles Easy | 30 minute Cardio & Cross Train | 3 Mile Tempo | 4 Miles Easy | Rest | RACE DAY!  **4.15.18** | **25.1 Miles** |

**KEY:**

**Progression Run** - A short to intermediate-length segment of moderately hard (but controlled) running added at the end of an otherwise easy run.

**Tempo -** Run easy for one mile to warm up. Then take it up to a fast pace. Tempos should feel challenging.

**Mile Repeats** - After a one mile warm up, run one mile at your selected pace, jog for a half mile for recovery. Repeat that cycle. Cool down with one mile of easy running.

**Hill Repeats** - Warm up then find a hill that takes at least two minutes to climb and repeat.

**Easy Run -** Easy and conversational run. Your goal is to cover the distance.

**Core Work:** Crunches, planks, mountain climbers, burpees, push ups, etc...

**Cross Train -** Examples of cross training include the elliptical, stair stepper, swimming, yoga, biking, and other cardio workouts.

**Strength/Weight Training -** Examples of strength/weight training include using your own body weight - squats, resistance bands, weight equipment at the gym like leg extension, leg curl, bicep, tricep machine, etc...

**Rest Day -** A complete off day is need to repair and prepare your body for your various runs.

**Want a more personal plan reach out to Coach Dawn Today!**

Elite Access Running, LLC is a full-service race management company that specializes in event management, public relations and social media for premier races, athletes, and organizations. Our USATF certified coaches provide one-on-one and group coaching for runners, pace team coordination for races and we organize destination races for athletes and organizations. ~ Call 215-704-2615 or email us, Dawn@eliteaccessrunning.com to schedule an appointment.