	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 Wednesda	y 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 Wednesda	y 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 Fob Condon	O O Milea, Delling Hill Course Decomposeded	D 4/VT	Daa4/VT		
11-Feb Sunday	8-9 Miles: Rolling Hill Course Recommended	Rest/XT	Rest/XT		
TT-LED 20U09A	Week 3 (Fe		Rest/X1		
TI-LED SAUGAY	-		Run/Walk Group		
12-Feb Monday	Week 3 (Fo	eb 12 - 18)			
·	Week 3 (Fo	eb 12 - 18) Run Group	Run/Walk Group		
12-Feb Monday 13-Feb Tuesday	Week 3 (For Advanced Run Group Rest	eb 12 - 18) Run Group Rest/XT 2 Miles	Run/Walk Group 30 Min R/W		
12-Feb Monday 13-Feb Tuesday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon	eb 12 - 18) Run Group Rest/XT 2 Miles	Run/Walk Group 30 Min R/W Rest/XT		
12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest	Run Group Rest/XT 2 Miles Rest/XT 4 Miles	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W		
12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds	Run Group Rest/XT 2 Miles Rest/XT 4 Miles	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W		
12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday 16-Feb Friday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest	Run Group Rest/XT 2 Miles Rest/XT 4 Miles Rest/XT	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT		
12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday 16-Feb Friday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest 3-4 Miles	Run Group Rest/XT 2 Miles Rest/XT 4 Miles Rest/XT 5 Miles Rest/XT	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 2.5 Mile R/W		
12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday 16-Feb Friday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest 3-4 Miles 9-10 Miles: Rolling Hill Course Recommended	Run Group Rest/XT 2 Miles Rest/XT 4 Miles Rest/XT 5 Miles Rest/XT	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 2.5 Mile R/W		
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12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday 16-Feb Friday 17-Feb Saturday 18-Feb Sunday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest 3-4 Miles 9-10 Miles: Rolling Hill Course Recommended Week 4 (For Advanced Run Group)	Run Group Rest/XT 2 Miles Rest/XT 4 Miles Rest/XT 5 Miles Rest/XT eb 19 - 25) Run Group	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 2.5 Mile R/W Rest/XT Run/Walk Group		
12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday 16-Feb Friday 17-Feb Saturday 18-Feb Sunday 19-Feb Monday 20-Feb Tuesday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest 3-4 Miles 9-10 Miles: Rolling Hill Course Recommended Week 4 (For Advanced Run Group) Rest	Run Group Rest/XT 2 Miles Rest/XT 4 Miles Rest/XT 5 Miles Rest/XT eb 19 - 25) Run Group Rest/XT 2 Miles	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 2.5 Mile R/W Rest/XT Run/Walk Group 30 Min R/W		
12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday 16-Feb Friday 17-Feb Saturday 18-Feb Sunday 19-Feb Monday 20-Feb Tuesday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest 3-4 Miles 9-10 Miles: Rolling Hill Course Recommended Week 4 (For Advanced Run Group) Rest 5-6 Miles 7 Progression Run: 4 miles, 3-4 minutes rest, then	Run Group Rest/XT 2 Miles Rest/XT 4 Miles Rest/XT 5 Miles Rest/XT eb 19 - 25) Run Group Rest/XT 2 Miles	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 2.5 Mile R/W Rest/XT Run/Walk Group 30 Min R/W Rest/XT		
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12-Feb Monday 13-Feb Tuesday 14-Feb Wednesday 15-Feb Thursday 16-Feb Friday 17-Feb Saturday 18-Feb Sunday 19-Feb Monday 20-Feb Tuesday 21-Feb Wednesday	Week 3 (For Advanced Run Group) Rest 4-5 Miles 7 Tempo Intervals: 4-5 x 3/4 mile at Half Marathon Pace w/ 2 minute rest Rest 5-6 miles: 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest 3-4 Miles 9-10 Miles: Rolling Hill Course Recommended Week 4 (For Advanced Run Group) Rest 5-6 Miles 7 Progression Run: 4 miles, 3-4 minutes rest, then 4 x 60 seconds hard with 90 seconds rest Rest	Run Group Rest/XT 2 Miles Rest/XT 4 Miles Rest/XT 5 Miles Rest/XT eb 19 - 25) Run Group Rest/XT 2 Miles Rest/XT 5 Miles	Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 2.5 Mile R/W Rest/XT Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W 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 (N	1ar 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 Wednesda	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	6 Miles	8 Mile R/W		
	miles easy, 4 miles at goal pace, 2 miles easy				
10-Mar Sunday	3-4 Miles	Rest/XT	Rest/XT		
	Week 7 (Mar 11 - 17)				
	Week 7 (M	lar 11 - 17)			
	Week 7 (M Advanced Run Group	lar 11 - 17) Run Group	Run/Walk Group		
11-Mar Monday	-		Run/Walk Group 30 Min R/W		
11-Mar Monday 12-Mar Tuesday	Advanced Run Group	Run Group	·		
12-Mar Tuesday	Advanced Run Group Rest	Run Group Rest/XT	30 Min R/W		
12-Mar Tuesday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3	Run Group Rest/XT 4 Miles	30 Min R/W Rest/XT		
12-Mar Tuesday 13-Mar Wednesda	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3	Run Group Rest/XT 4 Miles Rest/XT	30 Min R/W Rest/XT 30 Min R/W		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds	Run Group Rest/XT 4 Miles Rest/XT Hill Route	30 Min R/W Rest/XT 30 Min R/W Rest/XT		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday	Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, steady effort Week 8 (Marathon Pace, 3 Marathon Pace, 3 Minutes rest, 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, Steady effort	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT lar 18 - 24) Run Group	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace Rest/XT Run/Walk Group		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday 17-Mar Sunday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, steady effort Week 8 (M	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT lar 18 - 24) Run Group Rest/XT	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace Rest/XT Run/Walk Group 30 Min R/W		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday 17-Mar Sunday 18-Mar Monday 19-Mar Tuesday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, steady effort Week 8 (Marathon Pace, 3 Miles Week 8 (Marathon Pace, 3 Miles Marathon Pace, 3 Miles Mest M	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT lar 18 - 24) Run Group	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace Rest/XT Run/Walk Group 30 Min R/W Rest/XT		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday 17-Mar Sunday 18-Mar Monday 19-Mar Tuesday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, steady effort Week 8 (Marathon Pace, 3 Minutes rest, 2 x mile at 10k pace with 3 Rest Meek 8 (Marathon Pace, 3 Minutes rest, 2 x mile at 10k pace with 3 Rest	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT lar 18 - 24) Run Group Rest/XT	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace Rest/XT Run/Walk Group 30 Min R/W		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday 17-Mar Sunday 18-Mar Monday 19-Mar Tuesday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, steady effort Week 8 (M Advanced Run Group Rest 5-6 Miles Progression Run: 5 miles, 3-4 minutes rest, then	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT lar 18 - 24) Run Group Rest/XT 4 Miles	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace Rest/XT Run/Walk Group 30 Min R/W Rest/XT		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday 17-Mar Sunday 18-Mar Monday 19-Mar Tuesday 20-Mar Wednesda	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, steady effort Week 8 (M Advanced Run Group Rest 5-6 Miles Progression Run: 5 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT lar 18 - 24) Run Group Rest/XT 4 Miles Rest/XT	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace Rest/XT Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W		
12-Mar Tuesday 13-Mar Wednesda 14-Mar Thursday 15-Mar Friday 16-Mar Saturday 17-Mar Sunday 18-Mar Monday 19-Mar Tuesday 20-Mar Wednesda 21-Mar Thursday	Advanced Run Group Rest 5-6 Miles Intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 x mile at 10k pace with 3 Rest 5-6 miles, 3-4 minutes rest, then 5 x 45 seconds hard with 60 seconds rest 4-5 Miles 10-11 Miles: Long Run, steady effort Week 8 (M Advanced Run Group Rest 5-6 Miles Progression Run: 5 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest Rest	Run Group Rest/XT 4 Miles Rest/XT Hill Route Rest/XT 6 Miles Rest/XT lar 18 - 24) Run Group Rest/XT 4 Miles Rest/XT 7 Mile with 4 Miles at	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 3 miles @ MM pace Rest/XT Run/Walk Group 30 Min R/W Rest/XT 30 Min R/W 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 Wednesda	intervals: 2 miles at Half Marathon Pace, 3 minutes rest, 2 miles at 10k pace, 3 minutes	Rest/XT	30 Min R/W	
	rest, 4 x 1/4 mile at 5k pace with 2 minutes rest			
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 Wednesda	a Progression Run: 6 miles, 3-4 minutes rest, then	7 Miles with 5 Miles @	30 Min R/W	
4 A The seals	8 x 30 seconds hard with 60 seconds rest	1/2 Marathon Pace	Deat NT	
4-Apr Thursday	Rest	Rest/XT	Rest/XT	
5-Apr Friday	4-5 Miles	2 Miles 10 Miles	Easy Walk/XT 11 Mile R/W	
6-Apr Saturday	Half Marathon Simulation: 5 miles easy, 5 miles at goal pace, 2 miles easy on rolling hills course	TO Miles	II Wille K/W	
7-Apr Sunday	3-4 Miles	Rest/XT	Rest/XT	
7-Apr Suriday			Nest/XI	
	Week 11 (Anr 8 - 14)		
		Apr 8 - 14) Run Group	Run/Walk Group	
8-Apr Monday	Advanced Run Group Rest	Apr 8 - 14) Run Group Rest/XT	Run/Walk Group 30 Min R/W	
8-Apr Monday 9-Apr Tuesday	Advanced Run Group	Run Group		
9-Apr Tuesday	Advanced Run Group Rest	Run Group Rest/XT 2 Miles	30 Min R/W	
9-Apr Tuesday	Advanced Run Group Rest 4-5 Miles Tempo Intervals: 3 miles at Half Marathon Pace, 4 minutes rest, 1 miles at 10k Pace, 3 minutes	Run Group Rest/XT 2 Miles	30 Min R/W Rest/XT	
9-Apr Tuesday 10-Apr Wednesda	Advanced Run Group Rest 4-5 Miles 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	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace	30 Min R/W Rest/XT 30 Min R/W	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday	Advanced Run Group Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace	30 Min R/W Rest/XT 30 Min R/W Rest/XT	
9-Apr Tuesday 10-Apr Wednesda 11-Apr Thursday 12-Apr Friday	Advanced Run Group Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday	Advanced Run Group Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (A	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21)	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday 14-Apr Sunday	Advanced Run Group Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (Advanced Run Group	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21) Run Group	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT Run/Walk Group	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday 14-Apr Sunday	Advanced Run Group Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (Advanced Run Group Rest	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21) Run Group Rest/XT	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT Run/Walk Group Rest/XT	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday 14-Apr Sunday 15-Apr Monday 16-Apr Tuesday	Advanced Run Group Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (Advanced Run Group Rest Progression Run: 3 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21) Run Group Rest/XT 2 Miles	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT Run/Walk Group Rest/XT 30 Min R/W	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday 14-Apr Sunday 15-Apr Monday 16-Apr Tuesday 17-Apr Wednesday	Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (A Advanced Run Group Rest Progression Run: 3 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest at 4-5 Miles	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21) Run Group Rest/XT 2 Miles Rest/XT 2 Miles	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT Run/Walk Group Rest/XT 30 Min R/W Rest/XT	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday 14-Apr Sunday 15-Apr Monday 16-Apr Tuesday	Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (A Advanced Run Group Rest Progression Run: 3 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest at 4-5 Miles	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21) Run Group Rest/XT 2 Miles	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT Run/Walk Group Rest/XT 30 Min R/W	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday 14-Apr Sunday 15-Apr Monday 16-Apr Tuesday 17-Apr Wednesday	Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (A Advanced Run Group Rest Progression Run: 3 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest at 4-5 Miles	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21) Run Group Rest/XT 2 Miles Rest/XT 5 Miles with 3 Miles @	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT Run/Walk Group Rest/XT 30 Min R/W Rest/XT	
9-Apr Tuesday 10-Apr Wednesday 11-Apr Thursday 12-Apr Friday 13-Apr Saturday 14-Apr Sunday 15-Apr Monday 16-Apr Tuesday 17-Apr Wednesday 18-Apr Thursday	Advanced Run Group Rest 4-5 Miles 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 5 miles: 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest 3-4 Miles 8 Miles*: Easy Effort on Flat Course Week 12 (A Advanced Run Group Rest Progression Run: 3 miles, 3-4 minutes rest, then 4-5 x 30 seconds hard with 60 seconds rest at 4-5 Miles 3 Miles	Run Group Rest/XT 2 Miles Rest/XT 7 Miles with 4 Miles @ 1/2 Marathon Pace 2 Miles 9 Miles Rest/XT Apr 15 - 21) Run Group Rest/XT 2 Miles Rest/XT 5 Miles with 3 Miles @ 1/2 Marathon Pace	30 Min R/W Rest/XT 30 Min R/W Rest/XT Easy Walk/XT 4 miles @ MM pace Rest/XT Run/Walk Group Rest/XT 30 Min R/W Rest/XT 30 Min R/W	