Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Program - You should be able to run 10-15 miles per week prior to starting							
1 4/17-4/23	Easy Run 25 - 30 minutes	Active recovery Cross Train or Rest Day Stretch well	10 min easy run 4X1 min slightly faster with 60 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 25 - 30 minutes end with 4X20 sec strides - walk back between strides	Active recovery Cross Train or Rest Day Stretch well	Long Run 4 miles easy
2 4/24-4/30	Easy Run 30 - 35 minutes	Active recovery Cross Train or Rest Day Stretch well	10 min easy run 5X1min slightly faster with 60 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 30 - 35 minutes end with 4X20 sec strides - walk back between strides	Active recovery Cross Train or Rest Day Stretch well	Long Run 5 miles easy
3 5/1-5/7	Easy Run 30 - 35 minutes	10 min easy run 3X2 min Slightly faster with 90 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 30 - 35 minutes 4X20 sec hill stride walk/jog back to the start	Easy Run 30 - 35 minutes	Active recovery Cross Train or Rest Day Stretch well	Long Run 5 miles easy
4 5/8-5/14	Easy Run 25 - 30 minutes	Active recovery Cross Train or Rest Day Stretch well	10 min easy run 6X1min Slightly faster with 60 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 25 - 30 minutes end with 4X20 sec strides - walk back between strides	Active recovery Cross Train or Rest Day Stretch well	Deload Week 3 miles easy Recovery week with less miles
5 5/15-5/21	Easy Run 35 - 40 minutes	10 min easy run 4X2min Slightly faster with 90 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 35 - 40 minutes	Easy Run 30 - 35 minutes with 4x45 sec Strides - walk back between strides	Active recovery Cross Train or Rest Day Stretch well	Long Run 6 miles easy Erie Canal 5 mile is a great tune up race!!

6 5/22-5/28	Easy Run 35 - 40 minutes	10 min easy run 5X2min Slightly faster with 90 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 35 - 40 minutes	Easy Run 30 - 35 minutes with 4x45 sec Strides - walk back between strides	Active recovery Cross Train or Rest Day Stretch well	Long Run 6 miles easy
7 5/29-6/4	Easy Run 35 - 40 minutes	10 min easy run 7X2 min Slightly faster with 90 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 35 - 40 minutes	10 min easy run 5X45 sec Hill repeasts - walk back to start 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Long Run 7 miles easy over some rolling hills
8 6/5-6/11	Active recovery Cross Train or Rest Day Stretch well	10 min easy run 4X3 min Slightly faster with 90 sec walk between 5 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 30 - 35 minutes	10 min easy run 4X60 sec Hill repeats - walk back to start 5 min easy run	Active recovery Cross Train or Rest Day Stretch well	Deload Week 4 miles easy
9 6/12-6/18	Easy Run 35 - 40 minutes	10 min easy run 5X3 min Slightly faster with 90 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 35 - 40 minutes	10 min w/c 3x90 sec Hill repeats - walk back to start 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Long Run 6 - 8 miles easy over some rolling hills
10 6/19-6/25	Easy Run 35 - 40 minutes	10 min easy run 4X3 min Slightly faster with 90 sec walk between 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 35 - 40 minutes	10 min w/c 6x60 sec Hill repeats - walk back to start 10 min easy run	Active recovery Cross Train or Rest Day Stretch well	Long Run 7 - 9 miles easy over some rolling hills

11 6/26-7/2	Active recovery Cross Train or Rest Day Stretch well	10 min easy run 3X3 min Slightly faster with 90 sec walk between 5 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 30 - 35 minutes	10 min easy run 4X60 sec Hill repeats - walk back to start 5 min easy run	Active recovery Cross Train or Rest Day Stretch well	Easy Run 4 miles easy
12 7/3-7/9	Easy Run 25 - 30 minutes	10 min easy run 2X3 min Slightly faster with 90 sec walk between 5 min easy run	Active recovery Cross Train or Rest Day Stretch well	Rest Day	Easy Run 20 - 25 minutes 4X15 sec strides walk back between strides	Shake out run or Rest Day	Race Day Conservative start to mile 4!!

Deload	Recovery week. Build for 3 weeks and let the body recover before you build again.
Strides	Fast pick ups. The goal is to feel fast, strong and in control. Walk back to the start after each one.
Hill Strides	Not a super steep hill (3- 5% grade), but enough that you feel the hill on the stride.
Easy Run	This pace should be easy and conversational. There is no benefit of going to fast on an easy run.
Up Tempo Run	Intervals slightly faster than easy pace.
Hill Repeats	Short hill tempo intervals, jog back to the start - simulates the hills of Boilermaker
Long Runs	Once a week an easy and longer effort. These should be easy unless otherwise stated in the plan.