

Week 1	
Monday	30 to 45 min slow pace
Tuesday	rest
Wednesday	45 min slow pace – some hills (typical night run in Sparta downtown)
Thursday	rest
Friday	rest
Saturday	15 min warm up 3 x 3 min (rec. 3 min) + 5 x 2 min (rec. 2 min) + 7 x 1 min (rec. 1 min) 15 min cool down
Sunday	6 to 8 miles slow pace
notes	Monday's and Wednesday's runs can be done any day of the week according to your personal schedule. Always try to put a rest day between a session and another Saturday and Sunday can be switched according to our weekend group runs The speed-work on Saturday (or Sunday) needs to be done as follows: 3 times a 3 minutes session at the max constant speed that can be kept for the whole length of the session. 3 minutes recovery between one session and the next one. 5 times a 2 minutes session at the max constant speed that can be kept for the whole length of the session. 2 minutes recovery between one session and the next one. 7 times a 1 minute session at the max constant speed that can be kept for the whole length of the session. 1 minute recovery between one session and the next one. Recovery is basically running at slow pace.

Week 2	
Monday	30 to 45 min slow pace
Tuesday	rest
Wednesday	45 min slow pace – some hills (typical night run in Sparta downtown)
Thursday	rest
Friday	rest
Saturday	15 min warm up 10 x 80-100 yards sprints uphill 15 min cool down
Sunday	8 miles slow pace – possibly easy and flat
notes	Monday's and Wednesday's runs can be done on Tuesdays and Thursdays, according to your personal schedule. Always try to put a rest day between a heavy session and another Saturday and Sunday can be switched The hill sprints on Saturday (or Sunday) needs to be done as follows: Find a nice straight hill, possibly with constant incline. Sprint uphill at max speed for at least 80-100 yards Zig-Zag down at VERY slow pace (heart rate should be fully recovered when back at the base of the hill) Proceed with the next sprint.

Week 3	
Monday	45 min slow pace
Tuesday	rest
Wednesday	45 min slow pace – some hills (typical night run in Sparta downtown)
Thursday	rest
Friday	rest
Saturday	15 min warm up 3 x 3 min (rec. 3 min) + 5 x 2 min (rec. 2 min) + 7 x 1 min (rec. 1 min) 15 min cool down
Sunday	8-10 miles slow pace – some hills
notes	Monday's and Wednesday's runs can be done any day of the week according to your personal schedule. Always try to put a rest day between a session and another Saturday and Sunday can be switched Speed-work on Saturday (or Sunday) needs to be done as indicated on week 1

Week 4	
Monday	45 min slow pace
Tuesday	rest
Wednesday	45 min to 1 hr. slow pace – some hills
Thursday	rest
Friday	rest
Saturday	15 min warm up 12 x 80-100 yards sprints uphill 15 min cool down
Sunday	10 miles slow pace – Possibly easy and flat
notes	Monday's and Wednesday's runs can be done on Tuesdays and Thursdays, according to your personal schedule. Always try to put a rest day between a heavy session and another Saturday and Sunday can be switched The hill sprints on Saturday (or Sunday) needs to be done as indicated on week 2

Week 5	
Monday	45 min slow pace
Tuesday	rest
Wednesday	45 min to 1 hour slow pace – some hills
Thursday	rest
Friday	rest
Saturday	15 min warm up 6 x 1 mile reps – rec. 3-4 min 15 min cool down
Sunday	10-12 miles slow pace
notes	Monday's and Wednesday's runs can be done any day of the week according to your personal schedule. Always try to put a rest day between a session and another Saturday and Sunday can be switched Speed-work on Saturday (or Sunday) needs to be done as follows: 6 times a 1 mile long session (possibly flat) at the max constant speed that can be kept for the whole length of the 1 mile segment. 3 or 4 minutes recovery (running at slow pace) between one session and the next one.

Week 6	
Monday	45 min slow pace
Tuesday	rest
Wednesday	45 min to 1 hour slow pace – some hills
Thursday	rest
Friday	rest
Saturday	15 min warm up 8 x 1 mile reps – rec. 3-4 min 15 min cool down
Sunday	12 miles slow pace
notes	Monday's and Wednesday's runs can be done any day of the week according to your personal schedule. Always try to put a rest day between a session and another Saturday and Sunday can be switched Speed-work on Saturday (or Sunday) needs to be done as indicated on previous week except the number of reps is now 8:

Week 7	
Monday	45 min slow pace
Tuesday	rest
Wednesday	45 min to 1 hour slow pace – some hills
Thursday	rest
Friday	rest
Saturday	45 min to 1 hour slow pace
Sunday	10 miles race pace
notes	Monday's and Wednesday's runs can be done any day of the week according to your personal schedule. Always try to put a rest day between a session and another Saturday and Sunday can be switched Speed-work on Saturday (or Sunday) needs to be done at the max constant speed that can be kept for the whole length of the session

Week 8	
Monday	45 min slow pace
Tuesday	rest
Wednesday	15 min warm up 4-6 x 2 mile reps – rec. 4 min 15 min cool down
Thursday	rest
Friday	rest
Saturday	1 hour slow pace
Sunday	12 miles race pace
notes	Monday's and Wednesday's runs can be done any day of the week according to your personal schedule. Always try to put a rest day between a session and another Saturday and Sunday can be switched Speed-work on Wednesday needs to be done as indicated on previous week except the number of reps is 4 or 6 and the distance is 2 miles Speed-work on Saturday (or Sunday) needs to be done at the max constant speed that can be kept for the whole length of the session

Week 9	
Monday	45 min slow pace
Tuesday	rest
Wednesday	1 hour run with multiple 1-2 minute fast pace sessions according to your condition
Thursday	rest
Friday	rest
Saturday	45 min slow pace
Sunday	1 hour run with multiple 1-2 minute fast pace sessions according to your condition
notes	Monday's and Wednesday's runs can be done any day of the week according to your personal schedule. Always try to put a rest day between a session and another Saturday and Sunday can be switched

Week 10	
Monday	30 min slow pace
Tuesday	rest
Wednesday	45 min run with multiple 1-2 minute fast pace sessions according to your condition
Thursday	rest
Friday	rest
Saturday	20 min run with max 3-4 fast pace sessions according to your condition
Sunday	RACE
notes	