Training Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	Rest	5 Miles EZ	30-40 Min XT	4 Miles EZ	6 Miles EZ	Rest	6 Miles LSD
Week 2	Rest	5 Miles EZ	30-40 Min XT	4 Miles EZ	6 Miles EZ	Rest	8 Miles LSD
Week 3	Rest	5 Miles EZ	30-40 Min XT	5 Miles EZ	6 Miles EZ	Rest	9 Miles LSD
Week 4	Rest	6 Miles EZ	45-50 Min XT	6 Miles EZ	5 Miles EZ	Rest	10 Miles LSD
Week 5	Rest	5 Miles EZ	45-50 Min XT	6 Miles EZ	5 Miles EZ	Rest	8 Miles LSD
Week 6	Rest	6 Miles EZ	45-50 Min XT	5 Miles T	5 Miles EZ	Rest	12 Miles LSD
Week 7	Rest	6 Miles EZ	45-50 Min XT	5 Miles T+H	5 Miles EZ	Rest	13 Miles LSD
Week 8	Rest	6 Miles EZ	45-50 Min XT	5 Miles NS	5 Miles EZ	Rest	10 Miles LSD
Week 9	Rest	7 Miles EZ	45-50 Min XT	6 Miles T	5 Miles EZ	Rest	14 Miles LSD
Week 10	Rest	6 Miles EZ	45-50 Min XT	6 Miles NS	5 Miles EZ	Rest	10 Miles LSD
Week 11	Rest	7 Miles EZ	45-50 Min XT	6 Miles T+H	5 Miles EZ	Rest	16 Miles LSD
Week 12	Rest	7 Miles EZ	45-50 Min XT	6 Miles NS	7 Miles EZ	Rest	10 Miles LSD (Miles 3-5 @ MP)
Week 13	Rest	7 Miles EZ	45-50 Min XT	6 Miles T+H	5 Miles EZ	Rest	17 Miles LSD
Week 14	Rest	7 Miles EZ	45-50 Min XT	6 Miles T	7 Miles EZ	Rest	12 Miles
Week 15	Rest	6 Miles EZ	45-50 Min XT	7 Miles EZ+H	5 Miles EZ	Rest	18 Miles (Miles 9-12 @ MP)
Week 16	Rest	6 Miles EZ	45-50 Min XT	5 Miles T	6 Miles EZ	Rest	13 Miles LSD
Week 17	Rest	6 Miles EZ	45-50 Min XT	6 Miles (Miles 3-4 @ MP)	6 Miles EZ	Rest	20 Miles LSD
Week 18	Rest	6 Miles EZ	45-50 Min XT	7 Miles NS	7 Miles EZ	Rest	12 Miles LSD (Miles 3-7 @ MP)
Week 19	Rest	6 Miles EZ	45-50 Min XT	6 Miles (Miles 3-4 @ MP)	3 Miles EZ	Rest	8 Miles LSD (Miles 3-6 @ MP)
Week 20	Rest	4 Miles (Miles 2-3 @ MP)	Rest	4 Miles (Miles 2-3 @ MP)	Rest	25 Min @ MP	26.2 Miles RACE DAY!