

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	Stretch & Strengthen	3 mile run	5 X 400 5K Pace	3 mile run + strength	Rest	3 mile run	5 mile run
<b>2</b>	Stretch & Strengthen	3 mile run	30 min tempo	3 mile run + strength	6 mile run	3 mile pace	Rest
<b>3</b>	Stretch & Strengthen	3.5 mile run	6 X 400 5K Pace	3 mile run + strength	Rest	Rest	<b>5K Race</b>
<b>4</b>	Stretch & Strengthen	3.5 mile run	35 min tempo	3 mile run + strength	Rest	3 mile run	7 mile run
<b>5</b>	Stretch & Strengthen	4 mile run	7 X 400 5k pace	3 mile run + strength	Rest	3 mile pace	8 mile run
<b>6</b>	Stretch & Strengthen	4 mile run	40 min tempo	3 mile run + strength	Rest or easy run	Rest	<b>10K Race</b>
<b>7</b>	Stretch & Strengthen	4.5 mile run	8 X 400 5K pace	3 mile run + strength	Rest	4 mile run	9 mile run
<b>8</b>	Stretch & Strengthen	4.5 mile run	40 min tempo	3 mile run + strength	Rest	5 mile pace	10 mile run
<b>9</b>	Stretch & Strengthen	5 mile run	9 X 400 5k pace	3 mile run + strength	Rest or easy run	Rest	<b>15k Race</b>
<b>10</b>	Stretch & Strengthen	5 mile run	45 min tempo	3 mile run + strength	Rest	5 mile pace	11 mile run
<b>11</b>	Stretch & Strengthen	5 mile run	10 X 400 5K pace	3 mile run + strength	Rest	3 mile pace	12 mile run
<b>12</b>	Stretch & Strengthen	4 mile run	30 min tempo	2 mile run	Rest	Rest	<b>Half Marathon</b>