

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Cross-Training	Run 3 miles	Run 3 miles	Strength & Core	Run 3 miles	Rest & Stretch	Run 5 miles
2	Cross-Training	Run 3 miles	Run 3 miles	Strength & Core	Run 3 miles	Rest & Stretch	Run 7 miles
3	Cross-Training	Run 4 miles	Run 4 miles	Strength & Core	Run 4 miles	Rest & Stretch	Run 8 miles
4	Cross-Training	Run 4 miles	Run 4 miles	Strength & Core	Run 4 miles	Rest & Stretch	Run 8 miles
5	Cross-Training	Run 4 miles	Run 5 miles	Strength & Core	Run 4 miles	Rest & Stretch	Run 10 miles
6	Cross-Training	Run 4 miles	Run 5 miles	Strength & Core	Run 4 miles	Rest & Stretch	Run 12 miles
7	Cross-Training	Run 5 miles	Run 6 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 14 miles
8	Cross-Training	Run 5 miles	Run 6 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 14 miles

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	Cross-Training	Run 5 miles	Run 7 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 16 miles
10	Cross-Training	Run 5 miles	Run 7 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 16 miles
11	Cross-Training	Run 6 miles	Run 8 miles	Strength & Core	Run 6 miles	Rest & Stretch	Run 18 miles
12	Cross-Training	Run 6 miles	Run 9 miles	Strength & Core	Run 6 miles	Rest & Stretch	Run 20 miles
13	Cross-Training	Run 6 miles	Run 9 miles	Strength & Core	Run 6 miles	Rest & Stretch	Run 20 miles
14	Cross-Training	Run 6 miles	Run 7 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 16 miles
15	Cross-Training	Run 5 miles	Run 7 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 15 miles
16	Cross-Training	Run 5 miles	Run 6 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 12 miles
17	Cross-Training	Run 5 miles	Run 6 miles	Strength & Core	Run 5 miles	Rest & Stretch	Run 10 miles
18	Cross-Training	Run 4 miles	Run 3 miles	Strength & Core	Run 2 miles	Rest & Stretch	RACE DAY!