

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/2-4/8 14 miles	OFF DAY	3 miles easy 4-6 strides	CROSS TRAIN	3 miles easy 4-6 strides	CROSS TRAIN	3 miles easy 4-6 strides	5 miles "long run"
4/9-4/15 17 miles	OFF DAY	4 miles easy 4-6 strides	4 miles workout #1	OFF DAY	3 miles easy 4-6 strides	CROSS TRAIN	6 miles "long run"
4/16-4/22 20 miles	OFF DAY	4 miles easy 4-6 strides	5 miles workout #2	CROSS TRAIN	4 miles easy 4-6 strides	CROSS TRAIN	7 miles "long run"

Workout #1 In the middle of your run, run 6 X 30 seconds @9:00 minute pace. Please do this workout somewhere flat w/o traffic.

Workout #2 2 mile warm up. Then, run 2 miles @9:10 pace. 1 mile cool down. Please do this workout on the track or the flat section of Forest Park

SAMPLE PLAN