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| week | mon. | tue. | wed.  HILL REPEATS | thurs. | fri | sat. | sun. |
| 1 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  10 miles | 90 min. medium effort run |
| 2 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs   lift | long run:  12 miles | 90 min. medium effort run |
| 3 | * 60-75 min run * cycle/elliptical/stairs   lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  14 miles | 90 min. medium effort run |
| 4 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs   lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  16 miles | 90 min. medium effort run |
| 5 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  18 miles | 90 min. medium effort run |
| 6 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  20 miles | 90 min. medium effort run |
| 7 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  16 miles | 90 min. medium effort run |
| 8 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  22 miles | 90 min. medium effort run |
| 9 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  16 miles | 90 min. medium effort run |
| 10 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  24 miles | 90 min. medium effort run |
| 11 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  16 miles | 90 min. medium effort run |
| 12 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | long run:  26 miles | 90 min. medium effort run |
| 13 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | 60 min. run   * cycle/elliptical/stairs | 90 min  plus core   * cycle/elliptical/stairs | * 60-75 min run * cycle/elliptical/stairs * lift | race: controlled 10-mile or half- marathon race | 90 min. medium effort run |
| 14 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min run plus core   * cycle/elliptical/stairs * lift | hill repeats:  8x600 | 90 min  plus core   * cycle/elliptical/stairs | off | 30 minutes easy | 10k-race controlled |
| 15 | * 60-75 min run * cycle/elliptical/stairs * lift | 60-75 min. easy plus core routine | hill repeats:  5 x 600m | 90 min  plus core   * cycle/elliptical/stairs | off | 5k race controlled | 90-minute run |
| 16 | * 60-75 min run * cycle/elliptical/stairs * lift | 60 mins easy | 60 mins easy | off | off | 30 minutes easy | 50k race |