|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 minplus 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 |