

# June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> <b>MESOCYCLE 1:</b> <b>ENDURANCE</b>  <b>Rest/cross-training</b>	<b>27</b> General aerobic + speed: 7mi w/10 X 100m strides	<b>28</b> Rest/cross training	<b>29</b> General aerobic: 9mi	<b>30</b> Rest/cross-training		

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# July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<b>1</b> Recovery: 4mi	<b>2</b> Medium-long run: 12mi  <i>Weekly Mileage: 32</i>
<b>3</b> Rest/cross-training	<b>4</b> General aerobic + speed: 8mi w/10 X 100m strides	<b>5</b> Rest/cross-training	<b>6</b> General aerobic: 10mi  Hill reps: 10 X 400m	<b>7</b> Rest/cross-training	<b>8</b> Recovery: 5mi	<b>9</b> Medium-long run: 13mi  <i>Weekly Mileage: 36</i>
<b>10</b> Rest/cross-training	<b>11</b> Lactate threshold: 8mi w/4mi @ 15K or half- marathon pace	<b>12</b> Recovery: 4mi	<b>13</b> General aerobic: 10mi  Hill reps: 12 X 400m	<b>14</b> Rest/cross-training	<b>15</b> Recovery: 4mi	<b>16</b> Medium-long run: 13.1mi – Potomac MD race route  <i>Weekly Mileage: 40-39</i>
<b>17</b> Rest/cross-training	<b>18</b> General aerobic + speed: 8mi w/10 X 100m strides	<b>19</b> Recovery: 5mi	<b>20</b> General aerobic: 10mi  Hill reps: 14 X 400m	<b>21</b> <del>Rest/cross-training</del> Rest	<b>22</b> <del>Recovery: 4mi</del> Medium-long run: 10mi	<b>23</b> <del>Medium-long run:</del> <del>15mi</del> Rest/cross training  <i>Weekly Mileage: 42-38</i>
<b>24</b> <del>Rest/cross-training</del> Riley's Rumble (half marathon – 13mi) 7:00 am Potomac MD	<b>25</b> Rest/cross-training	<b>26</b> Lactate threshold: 9mi w/4mi @ 15K or half- marathon pace	<b>27</b> Recovery: 5mi  Hill reps: 12 X 400m	<b>28</b> General aerobic: 10mi	<b>29</b> Recovery: 5mi	<b>30</b> Medium-long run: 17mi  <i>Weekly Mileage: 46</i>
<b>31</b> <b>RECOVERY WEEK</b> <b>12 WEEKS TO GOAL</b>  Rest/cross-training						

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# August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> General aerobic + speed: 8mi w/8 X 100m strides	<b>2</b> Recovery: 5mi	<b>3</b> General aerobic: 8mi Hill reps: 10 X 400m	<b>4</b> Rest/cross-training	<b>5</b> Recovery: 4mi	<b>6</b> Medium-long run: 12mi  <i>Weekly Mileage: 37</i>
<b>7</b> <b>MESOCYCLE 2: LACTATE THRESHOLD + ENDURANCE</b>  <b>Rest/cross-training</b>	<b>8</b> Lactate threshold: 10mi w/5mi @ 15K or half-marathon pace	<b>9</b> Recovery: 4mi	<b>10</b> Medium-long run: 11mi Hill reps: 12 X 400m	<b>11</b> Rest/cross-training	<b>12</b> General aerobic + speed: 7mi w/8 X 100m strides	<b>13</b> Long run: 18mi  <i>Weekly Mileage: 50</i>
<b>14</b> Rest/cross-training	<b>15</b> Recovery + speed: 6mi w/6 X 100m strides	<b>16</b> Medium-long run: 12mi	<b>17</b> Lactate threshold: 11mi w/6mi @ 15K or half-marathon pace Hill reps: 14 X 400m	<b>18</b> Recovery: 5mi	<b>19</b> Long run: 20mi  <i>Weekly Mileage: 54</i>	<b>20</b> Rest/cross-training
<b>21</b> Recovery: 5mi	<b>22</b> Recovery: 6mi	<b>23</b> Medium-long run: 14mi	<b>24</b> Recovery: 6mi Hill reps: 14 X 400m	<b>25</b> Rest/cross-training	<b>26</b> Recovery + speed: 6mi w/6 X 100m strides	<b>27</b> Marathon specific 15mi w/12mi @ marathon race pace  <i>Weekly Mileage: 4752</i>
<b>28</b> <b>RECOVERY WEEK 8 WEEKS TO GOAL</b>  Rest/cross-training	<b>29</b> General aerobic: 8mi	<b>30</b> V02 max 8mi w/5 x 600m @ 5K race pace; jog 90sec between	<b>31</b> Recovery: 5mi Hill reps: 10 X 400m			

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# September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> Rest/cross-training	<b>2</b> General aerobic + speed: 8mi w/8 X 100m strides	<b>3</b> Medium-long run: 14mi <i>Weekly Mileage: 43</i>
<b>4</b> Rest/cross-training	<b>5</b> Recovery + speed: 6mi w/6 X 100m strides	<b>6</b> Lactate threshold: 12mi w/7mi @ 15K or half-marathon pace	<b>7</b> Rest/cross-training <i>Hill reps: 12 X 400m</i>	<b>8</b> Medium-long run: 12mi	<b>9</b> Recovery: 5mi	<b>10</b> Long run: 20mi <i>Weekly Mileage: 55</i>
<b>11</b> <b>MESOCYCLE 3: RACE PREPARATION</b>  <b>Rest/cross-training</b>	<b>12</b> V02 max 8mi w/5 x 600m @ 5K race pace; jog 90sec between	<b>13</b> Medium-long run: 11mi	<b>14</b> Rest/cross-training <i>Hill reps: 14 X 400m</i>	<b>15</b> Recovery + speed: 4mi w/6 X 100m strides	<b>16</b> <b>Recovery: 9mi</b>	<b>17</b> <b>Long run: 17mi</b> <i>Weekly Mileage: 50</i>
<b>18</b> <b>Rest/cross training</b>  <b>REVIEW NEXT WEEK'S COURSE</b>	<b>19</b> General aerobic: 8mi	<b>20</b> V02 max 9mi w/5 x 1000m @ 5K race pace; jog 2min between	<b>21</b> Rest/cross-training <i>Hill reps: 10 X 400m</i>	<b>22</b> <i>Medium-long run: 12mi</i>	<b>23</b> Recovery: 5mi	<b>24</b> Rest  <i>Weekly Mileage: 51</i>
<b>25</b> National Capital 20-Miler, 7:30am Alexandria VA	<b>26</b> Rest/cross-training	<b>27</b> V02 max 8mi w/5 x 600m @ 5K race pace; jog 90sec between	<b>28</b> Medium-long run: 11mi  <i>Hill reps: 12 X 400m</i>	<b>29</b> Recovery + speed: 4mi w/6 X 100m strides	<b>30</b> <b>Recovery: 5mi</b>	

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# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Long run: 17mi <i>Weekly Mileage: 50</i>
<b>2</b> Rest/cross training	<b>3</b> Recovery + speed: 5mi w/6 X 100m strides	<b>4</b> V02 max 10mi w/5 x 1200m @ 5K race pace; jog 2min between	<b>5</b> Rest/cross-training	<b>6</b> General aerobic: 10mi	<b>7</b> Recovery: 4mi	<b>8</b> Long run: 20mi <i>Weekly Mileage: 49</i>
<b>9</b> <b>MESOCYCLE 4:                      TAPER &amp; RACE</b> Rest/cross-training	<b>10</b> V02 max 8mi w/5 x 600m @ 5K race pace; jog 90sec between	<b>11</b> Recovery: 5mi	<b>12</b> Rest/cross-training Hills: 12 X 400m	<b>13</b> Recovery + speed: 4mi w/6 X 100m strides	<b>14</b> Recovery: 5mi	<b>15</b> Medium-long run: 16mi <i>Weekly Mileage: 43</i>
<b>16</b> Rest/cross-training	<b>17</b> General aerobic + speed: 7mi w/8 X 100m strides	<b>18</b> V02 max 8mi w/3 x 1600m @ 5K race pace; jog 2min between	<b>19</b> Rest/cross-training Hills: 10 X 400m	<b>20</b> Recovery + speed: 5mi w/6 X 100m strides	<b>21</b> Rest/cross-training	<b>22</b> Medium-long run: 12mi <i>Weekly Mileage: 32</i>
<b>23</b> <b>RACE WEEK</b> Rest <b>REVIEW COURSE</b>	<b>24</b> Recovery: 6mi	<b>25</b> Dress rehearsal: 7mi w/2mi @ marathon race pace	<b>26</b> Rest HC & BS <b>CARBO-LOAD</b>	<b>27</b> Recovery + speed: 5mi w/6 X 100m strides <b>CARBO-LOAD</b>	<b>28</b> Rest <b>CARBO-LOAD</b>	<b>29</b> Recovery: 4mi <b>CARBO-LOAD</b>
<b>30</b> MARINE CORPS MARATHON <i>Weekly Mileage: 22                      (pre-race)</i>	<b>31</b>					

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