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|  | Run 1 | Run 2 | Run 3 | Run 4 | Run 4 |
| Week 1 | 3 miles  | 1k x4 90sec rec  | Tempo 10min x2 3 min rec  | 3 miles  | 6 miles  |
| Week 2 | 3 miles  | 400mx10 or 2min x10 with 90sec rec  | 20 min tempo  | 3 miles  | 6 miles  |
| Week 3 | 3 miles  | 1min x10 30sec rec  | 2k x3 3min rec  | 3 miles  | 6 miles  |
| Week 4 | 4 miles  | 1k x4 @ 5K pace 90sec rec  | 25min tempo  | 3 miles  | 6 miles  |
| Week 5 | 4 miles  | 200m x10 or 1min x10 60sec rec  | 25min tempo  | 3miles  | 6 miles  |
| Week 6 | 4 miles  | 400m x10 or 2min x10 90sec rec  | 2k x2 3min rec  | 3 miles  | 7 miles  |
| Week 7 | 5 miles  | 1min hard, 3min easy x10  | 15min x2 3min rec  | 3 miles  | 7 miles  |
| Week 8 | 5 miles  | 600m x 8 or 3min x 8 90sec rec  | 30min tempo  | 3 miles  | 8 miles  |
| Week 9 | 4 miles  |  400m x 10 or 2min x10 60sec rec  | 30min tempo  | 3 miles  | 6 miles  |
| Week 10 | 3 miles  |  1k x 4 2min rec  | 200m x6 60 sec rec  | 20min followed by 6 strides  | Race Day  |