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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 |