

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total | | Legend |
|--------------|--|---------|-----------|----------|--------|----------|---------|--------------|--|---|
| 1 | 1.5[1] | 0 | 1.5 | 2 | 0 | 2 | 0 | 7 | | Optional - go at easy pace |
| 2 | 2[2] | 0 | 1.5 | 2 | 0 | 2.5 | 0 | 8 | | REST |
| 3 | 2.5[3] | 0 | 1.5[4] | 2 | 0 | 2.5 | 0 | 8.5 | | Speed - see specific instructions. Should be VERY difficult to have conversation at this pace. |
| 4 | 2.5[5] | 0 | 1.5[6] | 2 | 0 | 3 | 0 | 9 | | Tempo - run at a challenging pace, one where it's difficult, but not impossible to have a conversation. |
| 5 | 3[7] | 0 | 2[8] | 2 | 0 | 3.5 | 0 | 10.5 | | Long - run at a conversational, yet tough pace. |
| 6 | 3.5[9] | 0 | 2[10] | 2 | 0 | 4 | 0 | 11.5 | | |
| 7 | 3[11] | 0 | 2[12] | 2 | 0 | 4 | 0 | 11 | | |
| 8 | 3.5[13] | 0 | 2 | 2 | 0 | 1 | 3.1[14] | 11.6 | | |
| Total | | | | | | | | 77.1 | | |
| | | | | | | | | | | |
| | Goal Time: 34:10 | | | | | | | | | |
| | Goal Pace: 11:00 | | | | | | | | | |
| | | | | | | | | | | |
| | DISCLAIMER - If, at any time you feel pain (more than normal running pain), stop and evaluate yourself. | | | | | | | | | |

1. Footfalls. Run as fast as you can for 10, right foot falls. The walk 10. Then do 20, 30, 40, 50 and back down. --nathan.freeburg Fri Jul 30 15:52:04 2010
2. Footfalls. Run as fast as you can for 10, right foot falls. The walk 10. Then do 20, 30, 40, 50 and back down. --nathan.freeburg Fri Jul 30 15:59:55 2010

3. Intervals: Warm up for a mile, then do 4x400m @ 3:00 pace. --nathan.freeburg Fri Jul 30 16:00:06 2010

4. Warm up for the first half mile, then run a mile at a 12:30 minute pace. --nathan.freeburg Fri Jul 30 15:24:32 2010
5. Intervals: Warm up for a mile, then do 4x400m @ 2:55 pace. --nathan.freeburg Fri Jul 30 16:00:55 2010

6. Warm up for the first half mile, then run a mile at a 12 minute pace. --nathan.freeburg Fri Jul 30 15:25:12 2010
7. Intervals: Warm up for a mile, then do 4x400m @ 2:50 pace. --nathan.freeburg Fri Jul 30 16:01:07 2010
8. Warm up for the first half mile, then run a mile at a 11:45 minute pace. --nathan.freeburg Fri Jul 30 15:25:21 2010
9. Intervals: Warm up for a mile, then do 4x400m @ 2:45 pace. --nathan.freeburg Fri Jul 30 16:01:23 2010
10. Warm up for the first half mile, then run a mile at a 11:45 minute pace. --nathan.freeburg Fri Jul 30 15:25:35 2010
11. Intervals: Warm up for 1 mile, then do 2x800 @ 5:30 pace, cool down for 1 mile --nathan.freeburg Fri Jul 30 15:58:40 2010

12. Warm up for the first half mile, then run a mile at a 11:30 minute pace. --nathan.freeburg Fri Jul 30 15:25:42 2010
13. Intervals: Warm up for 1 mile, then do 3x800 @ 5:30 pace, cool down for 1 mile --nathan.freeburg Fri Jul 30 15:57:53 2010

14. RACE DAY! --nathan.freeburg Fri Jul 30 15:14:57 2010