

**12 Week Plan at a Glance**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>1</b>	Rest Day	Easy Run40m - 50m	Easy Run45m - 1h	Fartlek Run50m - 1h 10m	Rest Day	Rest Day	Long Run1h 30m - 2h
<b>2</b>	Rest Day	Fartlek Run50m - 1h 10m	Easy Run45m - 1h	Fartlek Run50m - 1h 10m	Rest Day	Rest Day	Long Run1h 45m - 2h 30m
<b>3</b>	Rest Day	Easy Run1h 20m - 1h 30m	Easy Run45m - 1h	Cruise Intervals50m - 1h 10m	Rest Day	Rest Day	Progression Run1h 30m
<b>4</b>	Rest Day	Fartlek Run50m - 1h 10m	Rest Day	Tempo Intervals50m - 1h 10m	Rest Day	Rest Day	Long Run2h - 3h
<b>5</b>	Rest Day	Long Run1h 30m - 1h 45m	Easy Run45m - 1h	Yasso 800s50m - 1h 10m	Rest Day	Rest Day	Long Run2h 30m - 3h 30m
<b>6</b>	Rest Day	Fartlek Run50m - 1h 10m	Easy Run45m - 1h	Tempo Run50m - 1h 10m	Rest Day	Rest Day	Fast Finish Long Run1h 45m - 2h 15m
<b>7</b>	Rest Day	Easy Run30m - 50m	Easy Run45m - 1h	Tempo Intervals50m - 1h 10m	Rest Day	Rest Day	Progression Run1h 30m
<b>8</b>	Rest Day	Easy Run30m - 50m	Rest Day	Yasso 800s50m - 1h 10m	Rest Day	Rest Day	Fast Finish Long Run1h 45m - 2h 15m
<b>9</b>	Rest Day	Easy Run30m - 50m	Easy Run45m - 1h	Tempo Run50m - 1h 10m	Rest Day	Rest Day	Long Run2h 30m - 3h 30m
<b>10</b>	Rest Day <b>Daily Goal</b> Take the day off or cross-train for 30-40 minutes.	Fartlek Run50m - 1h 10m <b>Workout</b> Include 12-16 x 1 minute at 5K-10K effort, 1 minute recovery jog between each repetition; include a warm-up and cool-down	Easy Run45m - 1h <b>Daily Goal</b> More endurance base provides the strength you need in the race.	Goal Pace Run1h - 1h 30m <b>Workout</b> Include 7-10 miles at Goal Marathon Pace; include a warm-up and cool-down	Rest Day <b>Daily Goal</b> It's normal to be a little stiff and sore after long, hard runs like yesterday's so take today off or if you run, start the 30-45 minute run easier and allow the body to build into your pace.	Rest Day <b>Daily Goal</b> Take the day off completely or you may cross-train or run easy for 55-65 minutes	Fast Finish Long Run1h 45m - 2h 15m <b>Workout</b> Include 2-6 miles at Long Run Pace then progress to 6-8 miles at Goal Marathon Pace then progress to 1-2 miles at 10K pace
		<b>Daily Goal</b> Most runners find that just running easy today is all they need. But, if you are feeling really, really good then you may include run the Fartlek Run.		<b>Daily Goal</b> Today is another dress rehearsal for your race. After a short 5-10 minute warm-up, set off at your goal pace and visualize your race.			<b>Daily Goal</b> Today is your final big Fast Finish Long Run. Don't leave your race in this run. Focus more on cruising along at marathon pace for the middle portion of your run and run fast at the end but don't race this workout.
<b>11</b>	Rest Day <b>Daily Goal</b> To kick off your peaking phase, take today completely off so you fully recover from yesterday's long run.	Fartlek Run50m - 1h 10m <b>Workout</b> Include 8-10 x 1 minute at 5K-10K effort, 1 minute recovery jog between each repetition; include a warm-up and cool-down	Easy Run40m <b>Daily Goal</b> Easy Run days get shorter in the peaking phase.	Tempo Run50m - 1h 10m <b>Workout</b> Include 3-5 miles at Tempo Pace; include a warm-up and cool-down	Rest Day <b>Daily Goal</b> Day off or run easy for 20-30 minutes.	Rest Day <b>Daily Goal</b> Take the day off completely or you may cross-train or run easy for 40-50 minutes	Fast Finish Long Run1h 30m - 2h <b>Workout</b> Include 6 miles at Long Run Pace then 6 miles at Goal Marathon Pace
		<b>Daily Goal</b> If you are feeling good, include the pace change within the run. If you feel you need more recovery, then skip the fartlek and just run easy.		<b>Daily Goal</b> The goal for today is to see just how relaxed you can run Tempo Run Pace. This isn't a fitness building workout but more of a fitness refining workout.			<b>Daily Goal</b> Today's run should not be difficult. Unlike previous Fast Finish Long Runs where you finished very fast and challenged your mental ability to push when tired, today you will simply run 6 miles at your Long Run Pace then 6 miles at your Goal Pace. It's a last chance to dial in your race <b>RACE DAY!</b>
<b>12</b>	Rest Day	Fartlek Run40m - 1h	Cruise Intervals40m - 1h	Easy Run30m - 45m	Rest Day	Rest Day	