

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 2/9-2/15 MILE COUNT: 3	1 MILE OR 9 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	1 MILE OR 9 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	1 MILE OR 9 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 2 2/16-2/22 MILE COUNT: 7	2 MILES OR 18 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	3 MILES OR 27 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	2 MILES OR 18 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 3 2/23-3/1 MILE COUNT: 11	3 MILES OR 27 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	4 MILES OR 36 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	4 MILES OR 36 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 4 3/2-3/8 MILE COUNT: 12	4 MILES OR 34 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	4.5 MILES OR 38 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	3.5 MILES OR 30 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 5 3/9-3/15 MILE COUNT: 14	4.5 MILES OR 38 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	5 MILES OR 42 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	4.5 MILES OR 38 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 6 3/16-3/22 MILE COUNT: 16	5 MILES OR 42 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	6 MILES OR 51 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	5 MILES OR 42 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 7 3/23-3/29 MILE COUNT: 17	6 MILES OR 48 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	6 MILES OR 48 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	5 MILES OR 40 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 8 3/30-4/5 MILE COUNT: 20	7 MILES OR 56 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	6.5 MILES OR 52 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	6.5 MILES OR 52 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 9 4/6-4/12 MILE COUNT: 22	7.5 MILES OR 60 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	8 MILES OR 64 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	6.5 MILES OR 52 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 10 4/13-4/19 MILE COUNT: 22	7 MILES OR 56 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	9 MILES OR 68 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	6 MILES OR 45 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 11 4/20-4/26 MILE COUNT: 19	10 MILES OR 75 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	5 MILES OR 38 MINUTES FLEXIBILITY CORE/STRENGTH	CORE/STRENGTH CARDIO CROSS-TRAIN	CORE/STRENGTH CARDIO CROSS-TRAIN	4 MILES OR 30 MINUTES FLEXIBILITY CORE/STRENGTH	REST! FLEXIBILITY
WEEK 12 4/27-5/3 MILE COUNT: 19.1	3 MILES OR 23 MINUTES FLEXIBILITY CORE/STRENGTH	FLEXIBILITY CORE	3 MILES OR 23 MINUTES FLEXIBILITY CORE	FLEXIBILITY CORE	REST!	RACE DAY! 13.1 MILES	