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week	mon	tues	wed	thurs	fri	sat	sun
1	Run 2 to 3 miles at an easy pace	Strength train See page 90.	Run 2 to 3 miles at an easy pace	Strength train	Run 3 miles at an easy pace	Day off!	Run 3.5 miles at an easy pace
2	Run 2.5 miles at an easy pace	Strength train	Run 3 miles at an easy pace	Strength train	Yoga Aim for an hour.	Run 4 miles at an easy pace	Day off!
3	Run 2 miles at an easy pace	Cross train Spin, swim or take a cardio class.	Speed intervals Jog 1 mile, sprint 200 meters, walk 200 m; repeat 5 times.	Strength train	Yoga	Run 5 miles at an easy pace	Day off!
4	Run 3 miles at an easy pace	Strength train	Tempo run Jog 1 mile, run 1 mile at tempo pace (1 minute faster than race pace), jog 1 mile.	Strength train	Yoga	Run 6 miles at an easy pace	Day off!
5	Run 4 miles at an easy pace	Strength train	Hill sprints Power uphill for 30 seconds, walk down; repeat 5 times.	Cross train	Yoga	Run 7 miles at an easy pace	Day off!
6	Run 3.5 miles at an easy pace	Strength train	Tempo run Jog 1 mile, run 2 miles at tempo pace, jog 1 mile.	Yoga	Speed intervals Jog 1 mile, sprint 100 m, walk 100 m; repeat 8 times.	Run 8 miles at an easy pace	Day off!
7	Run 4 miles at an easy pace	Strength train	Speed intervals Jog 1 mile, sprint 200 m, walk 200 m; repeat 5 times. Sprint 100 m, walk 100 m; repeat 5 times.	Strength train	Yoga	Run 9 miles at an easy pace	Day off!
8	Strength train	Run 3 miles at an easy pace	Hill sprints Power uphill for 30 seconds, walk down; repeat 6 times.	Strength train	Yoga	Run 11 miles at an easy pace	Day off!
9	Run 5 miles at an easy pace	Cross train	Tempo run Jog 1 mile, run 3 miles at tempo pace, jog 1 mile.	Strength train	Yoga	Run 13.5 miles at an easy pace	Day off!
10	Run 5 miles at an easy pace	Strength train	Speed intervals Jog 1 mile, sprint 400 m, walk 400 m; repeat 5 times.	Strength train	Yoga	Run 11 miles at an easy pace	Day off!
11	Run 6 miles at an easy pace	Cross train	Yoga	Tempo run Jog 1 mile, run 4 miles at tempo pace, jog 1 mile.	Yoga	Run 9 miles at an easy pace	Day off!
12	Run 5 miles at an easy pace	Run 4 miles at an easy pace	Yoga	Day off!	Day off!	Run 2 miles at an easy shake-out jog	race day!

SELF BATHER START WITH A 5K OR 10K? We've got training plans at Self.com/fitness.

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