

 WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	3 miles at an easy pace	2 miles, including intervals	Restday	4 miles at a moderate pace	cross-training	Long run - 6 miles at a comfortable pace	Restday 
2	3 miles, including intervals	4 miles at an easy pace	Restday	5 miles at a moderate pace	cross-training	Long run - 7,5 miles at a comfortable pace	Restday
3	4 miles, including intervals	5 miles at an easy pace	Restday	5 miles at a moderate pace	cross-training	Long run - 9 miles at a comfortable pace	Restday
4	3 miles, including intervals 	5 miles at an easy pace	Restday	5 miles at a moderate pace	cross-training	Long run - 11 miles at a comfortable pace	Restday
5	3 miles, including intervals	5 miles at an easy pace	Restday	4 miles at a moderate pace	cross-training	Long run - 8 miles at a comfortable pace	Restday
6	3 miles, including intervals	4 miles at an easy pace	Restday	3 miles at a moderate pace	cross-training 	Long run - 7 miles at a comfortable pace	Restday
7	3 miles at an easy pace	3 miles, including intervals	Restday	cross-training	3 miles at an easy pace	Restday	Half Marathon