

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

|  WEEK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|--|------------------------------|--------------|----------------------------|--|---|---|
| 6 | 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  |
| 7 |  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 |
| 8 | 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 |
| 9 | 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 |
| 10 | 3 miles at an easy pace | 3 miles, including intervals | Restday | cross-training | 3 miles at an easy pace | Restday | Half Marathon  |