

| <b>Weeks till<br/>Chevron<br/>Full</b> | <b>Weeks till<br/>Cypress half</b> | <b>Date</b>   | <b>Monday</b>          | <b>Tuesday</b>  |
|--|------------------------------------|---------------|------------------------|---|
| 26                                     | 17                                 | 7/18 - 7/24   | 30 min. or Cross train | 30 min. plus strides  |
| 25                                     | 16                                 | 7/25 - 7/31   | 30 min. or Cross train | 30 min. plus strides  |
| 24                                     | 15                                 | 8/1 - 8/7     | 30 min. or Cross train | 45 min. plus strides  |
| 23                                     | 14                                 | 8/8 - 8/14    | 30 min. or Cross train | 45 min. plus strides  |
| 22                                     | 13                                 | 8/15 - 8/21   | 30 min. or Cross train | 45 min. plus strides  |
| 21                                     | 12                                 | 8/22 - 8/28   | 30 min. or Cross train | 45 min. plus strides  |
|  |                                    |               |                        | 10 min WU<br>10 x (1 min fast + 1 min CP)   |
| 20                                     | 11                                 | 8/29 - 9/4    | 45 min. or Cross train | 10 min CD   |
|  |                                    |               |                        | 10 min WU<br>12 x (1 min fast + 1 min CD)   |
| 19                                     | 10                                 | 9/5 - 9/11    | 45 min. or Cross train | 10 min CD   |
|  |                                    |               |                        | 10 min WU<br>3 min fast + 1 min CP<br>5 min fast + 1 min CP<br>3 min fast + 1 min CP                          |
| 18                                     | 9                                  | 9/12 - 9/18   | 45 min. or Cross train | 10 min CD   |
|  |                                    |               |                        | 10 min WU<br>3 min fast + 1 min CP<br>4 min fast + 1 min CP<br>5 min fast + 1 min CP                          |
| 17                                     | 8                                  | 9/19 - 9/25   | 60 min. or Cross train | 10 min CD   |
|  |                                    |               |                        | 10 min WU<br>5 min fast + 1 min CP<br>4 min fast + 1 min CP<br>3 min fast + 1 min CP                          |
| 16                                     | 7                                  | 9/26 - 10/2   | 60 min. or Cross train | 10 min CD   |
|  |                                    |               |                        | 10 min WU<br>2 min fast + 1 min CP<br>3 min fast + 1 min CP<br>4 min fast + 1 min CP<br>5 min fast + 1 min CP |
| 15                                     | 6                                  | 10/3 - 10/9   | 60 min. or Cross train | 10 min CD   |
|  |                                    |               |                        | 1 mile WU<br>6 x 440 +2 min RI  |
| 14                                     | 5                                  | 10/10 - 10/16 | 60 min. or Cross train | 1 mile CD   |
|  |                                    |               |                        | 1 mile WU<br>3 x 880 +2 min RI  |
| 13                                     | 4                                  | 10/17 - 10/23 | 60 min. or Cross train | 1 mile CD   |

|    |   |               |                        |  |
|----|---|---------------|------------------------|--|
| 12 | 3 | 10/24 - 10/30 | 60 min. or Cross train | 1 mile WU<br>3 x 1320 + 2 min RI<br>1 mile CD  |
| 11 | 2 | 10/31 - 11/6  | 60 min. or Cross train | 1 mile WU<br>2 x 1 mile + 2 min RI<br>1 mile CD  |
| 10 | 1 | 11/7 - 11/13  | 60 min. or Cross train | 1 mile WU<br>1 x 440 +2 min RI<br>1 x 880 +2 min RI<br>1 x 1320 +2 min RI<br>1 x mile +2 min RI<br>1 mile CD   |
| 9  |   | 11/14 - 11/20 | 60 min. or Cross train | 1 mile WU<br>1 x mile +2 min RI<br>1 x 1320 +2 min RI<br>1 x 880 +2 min RI<br>1 x 440 +2 min RI<br>1 mile CD   |
| 8  |   | 11/21 - 11/27 | 60 min. or Cross train | 1 mile WU<br>8 x 440 +2 min RI<br>1 mile CD  |
| 7  |   | 11/28 - 12/4  | 75 min. or Cross train | 1 mile WU<br>6 x 880 +2 min RI<br>1 mile CD  |
| 6  |   | 12/5 - 12/11  | 75 min. or Cross train | 1 mile WU<br>4 x 1320 + 2 min RI<br>1 mile CD  |
| 5  |   | 12/12 - 12/18 | 60 min. or Cross train | 1 mile WU<br>3 x 1 mile + 2 min<br>RI 1 mile CD  |
| 4  |   | 12/19 - 12/25 | 60 min. or Cross train | 1 mile WU<br>1 x 440 +2 min RI<br>1 x 880 +2 min RI<br>1 x 1320 +2 min RI<br>1 x mile +2 min RI<br>1 x 1320 +2 min RI<br>1 x 880 +2 min RI<br>1 x 440 +2 min RI<br>1 mile CD |

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|             |                        |                      |
|-------------|------------------------|----------------------|
| 12/26 - 1/1 | 60 min. or Cross train | 45 min. plus strides |
| 1/2 - 1/8   | 45 min. or Cross train | 45 min. plus strides |
| 1/9 - 1/15  | 30 min. or Cross train | 45 min. plus strides |

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| <b>Wednesday</b>       | <b>Thursday</b>      | <b>Friday</b>          | <b>Long Run<br/>Full<br/>Marathon</b> |
|------------------------|----------------------|------------------------|---------------------------------------|
| 30 min. or Cross train | 30 min.              | 30 min. or Cross train | 6 miles                               |
| 30 min. or Cross train | 30 min.              | 30 min. or Cross train | 7 miles                               |
| 30 min. or Cross train | 30 min.              | 30 min. or Cross train | 6 miles                               |
| 30 min. or Cross train | 30 min.              | 30 min. or Cross train | 7 miles                               |
| 30 min. or Cross train | 30 min.              | 30 min. or Cross train | 8 miles                               |
| 30 min. or Cross train | 30 min.              | 30 min. or Cross train | 6 miles                               |
| 45 min. or Cross train | 30 min. plus strides | 45 min. or Cross train | 7 miles                               |
| 45 min. or Cross train | 30 min. plus strides | 45 min. or Cross train | 8 miles                               |
| 45 min. or Cross train | 30 min. plus strides | 45 min. or Cross train | 10 miles                              |
| 60 min. or Cross train | 45 min. plus strides | 60 min. or Cross train | 7 miles                               |
| 60 min. or Cross train | 45 min. plus strides | 60 min. or Cross train | 9 miles                               |
| 60 min. or Cross train | 45 min. plus strides | 60 min. or Cross train | 10 miles                              |
| 60 min. or Cross train | 45 min. plus strides | 60 min. or Cross train | 12 miles                              |
| 60 min. or Cross train | 45 min. plus strides | 60 min. or Cross train | 14 miles                              |

|                        |   |                        |          |
|------------------------|---|------------------------|----------|
| 60 min. or Cross train | 1 mile WU<br>2x2 miles @ TP + 2 min RI<br>1 mile CD   | 60 min. or Cross train | 12 miles |
| 60 min. or Cross train | 1 mile WU<br>1 miles @ TP + 2 min RI<br>3 miles @ TP + 2 min RI<br>1 mile CD                            | 60 min. or Cross train | 12 miles |
| 60 min. or Cross train | 1 mile WU<br>1 miles @ TP + 2 min RI<br>4 miles @ TP + 2 min RI<br>1 mile CD                            | 60 min. or Cross train | 18 miles |
| 60 min. or Cross train | 1 mile WU<br>5 miles @ TP + 2 min RI<br>1 mile CD   | 60 min. or Cross train | 15 miles |
| 60 min. or Cross train | 6 miles @ MP  | 60 min. or Cross train | 20 miles |
| 75 min. or Cross train | 8 miles @ MP  | 75 min. or Cross train | 14 miles |
| 75 min. or Cross train | 1 mile WU<br>3x2 miles @ TP + 2 min RI<br>1 mile CD   | 75 min. or Cross train | 16 miles |
| 60 min. or Cross train | 1 mile WU<br>3 miles @ TP + 2 min RI<br>2 miles @ TP + 2 min RI<br>1 miles @ TP + 2 min RI<br>1 mile CD | 60 min. or Cross train | 20 miles |
| 60 min. or Cross train | 1 mile WU<br>1 miles @ TP + 2 min RI<br>2 miles @ TP + 2 min RI<br>3 miles @ TP + 2 min RI<br>1 mile CD | 60 min. or Cross train | 16 miles |

|                        |   |                        |                               |
|------------------------|---|------------------------|-------------------------------|
| 60 min. or Cross train | 1 mile WU<br>6 miles @ TP + 2 min RI<br>1 mile CD   | 60 min. or Cross train | 12 miles                      |
| 45 min. or Cross train | 1 mile WU<br>2x2 miles @ TP + 2 min RI<br>1 mile CD | 45 min. or Cross train | 8 miles                       |
| 30 min. or Cross train | 3 miles @ MP  | 30 min. or Cross train | Rest Tomorrow<br>is Race Day! |

|                                       |
|---------------------------------------|
| <b>Long Run<br/>Half<br/>Marathon</b> |
| 6 miles                               |
| 7 miles                               |
| 6 miles                               |
| 7 miles                               |
| 8 miles                               |
| 6 miles                               |
| 7 miles                               |
| 8 miles                               |
| 10 miles                              |
| 7 miles                               |
| 9 miles                               |
| 10 miles                              |
| 12 miles                              |
| 14 miles                              |

12 miles

8 miles

13.1



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