

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-Jun	30 min run/walk 3 miles run 60 min run	1.5 miles Rest 3 miles	1.5 miles 3 mile 5X400	Rest/Walk 30 min Tempo Rest/Walk	1.5 miles 3 miles 30 min Tempo	Rest Rest Rest	1.5 miles Hard 3 Hard 4
17-Jun	40 min run/walk 3 miles 60 min run	1.5 miles Rest 3 miles	1.5 miles 3 miles 8X200 or 4X400	Rest/walk 30 min Tempo Rest or easy 3	1.5 miles 3 miles 30 min Tempo	Rest Rest Rest	1.75 miles Hard 3 Hard 4
24-Jun	40 min run/walk 5 miles 65 min run	1.5 miles Rest 3 miles	2 miles 3 miles 6X400 or 3 miles	Rest/walk 6X400 or 3 miles Rest or easy 3	1.5 miles 3 miles 4miles	Rest Rest Rest	2 miles 4miles 5 miles
1-Jul	45 min run/walk 5 miles 65 min run	1.75 miles Rest 3 miles	2 miles 3 miles 9X200 or 5X400	Rest/Walk 35 min Tempo Rest or Easy 3	1.5 miles 3 miles 30 min Tempo	Rest Rest Rest	2.5 miles EASY 2 Rest
8-Jul	45 min run/walk HARD 5k HARD 5k	1.75 miles Rest 3 miles	2.5 miles 3 miles 7X400 or 4 miles	Rest/Walk 7X400 or 3.5 miles Rest or Easy 3	2miles 3 miles 4 mies	Rest Rest Rest	2.5 miles 4 miles 5 miles
15-Jul	50 min run/walk 6 miles 70 min run	2 miles Rest 3 miles	2.75 miles 3 miles 10X200	Rest/Walk 35 min Tempo Rest or Easy 3	2 miles 3 miles 35 min Tempo	Rest Rest Rest	3 miles 5 miles 6 miles
22-Jul	50 min run/walk 7 miles 75 min run	2 miles Rest 3 miles	2.75 miles 3 miles 10X200	Rest/Walk 40 min Tempo Rest or Easy 3	2.5 miles 3 miles 35 min Tempo	Rest Rest Rest	3 miles 5 HARD 6 miles
29-Jul	55 min run/walk 7 miles 80 min run	2.5 miles Rest 3 miles	3 miles 3 miles 8X400	Rest/Walk 8X400 or 4 miles Rest or Easy 3	2.5 miles 3 miles 40 min Tempo	Rest Rest Rest	3 miles 5 miles 7 miles
5-Aug	55 min run/walk 7 miles 85 min run	3 miles Rest 3 miles	3 miles 3 miles 4 miles	Rest/walk 30 min Tempo Rest or easy 3	2.5 miles 3miles 40 min Tempo	Rest Rest Rest	3.5 miles 6 miles 6 miles
12-Aug	60 min run/walk 7 miles 90 min run	3 miles Rest 3 miles	3 miles 3 miles 6X200	Rest/Walk 4 miles EASY Rest or easy 3	3 miles Rest 45 min Tempo	Rest Rest Rest	5k HARD 5K HARD 5KHARD

On top of the running program from above, try to do core exercises 3 days a week.

If you have any questions, feel free to contact me at [jilnicki@gmail.com](mailto:jilnicki@gmail.com)