

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3-mile run & strength	30 min. tempo	6 X 400 mile pace	4-mile run & strength	Rest or 3-mile run	30 min. cross-train	Pace 4 total/ 2 pace
2	3-mile run & strength	35 min. tempo	7 X 400 mile pace	5-mile run & strength	Rest or 3-mile run	30 min. cross-train	Pace 4 total/ 2 pace
3	3-mile run & strength	30-min. tempo	5 X 400 mile pace	3-mile run & strength	Rest or 3-mile run	40 min. cross-train	Pace 5 total/ 2 pace
4	3-mile run & strength	30 min. tempo	8 X 400 mile pace	5 mile run & strength	Rest or 3-mile run	40 min. cross-train	Pace 5 total/ 2 pace
5	3-mile run & strength	45 min. tempo	9 X 400 mile pace	6-mile run & strength	Rest or 3-mile run	50 min. cross-train	Pace 5 total/ 3 pace
6	3-mile run & strength	35 min. tempo	6 X 400 mile pace	3-mile run & strength	Rest or 3-mile run	50 min. cross-train	Pace 6 total/ 3 pace
7	3-mile run & strength	50 min. tempo	10 X 400 mile pace	6-mile run & strength	Rest or 3-mile run	60 min. cross-train	Pace 5 total/ 3 pace
8	3-mile run & strength	30 min. tempo	5 X 400 mile pace	3-mile run	Rest or 3-mile run	Rest	8K Race