

### Beginner plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	OFF	3mile	2 mile	3 mile	OFF	30 min	4 mile
2	OFF	3mile	2 mile	3 mile	OFF	30 min	4 mile
3	OFF	3.5 m	2 mile	3.5 mile	OFF	40 min	5 mile
4	OFF	3.5 m	2 mile	3.5 mile	OFF	40 min	5 mile
5	OFF	4 mile	2 mile	4 mile	OFF	40 min	6 mile
6	3 mile	4 mile	2 mile	4 mile	3 mile	Rest	<b>5-K Race</b>
7	OFF	4.5 mile	3 mile	4.5 mile	OFF	50 min	7 mile
8	OFF	4.5 mile	3 mile	4.5 mile	OFF	50 min	8 mile
9	4 mile	5 mile	3 mile	5 mile	4 mile	Rest	<b>10-K Race</b>
10	OFF	6 mile	3 mile	5 mile	OFF	1 Hour	9 mile
11	OFF	7 mile	3 mile	5 mile	OFF	1 hour	10 mile
12	OFF	4 mile	3 mile	2 Mile	OFF	Rest	<b>Half Marathon</b>

### Advanced plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 mile + hills	6 x hill	3 mile + hills	40 min	OFF	3 mile	90 min run
2	3mile + hills	7 x 400 5-K pace	3mile + hills	45 min	OFF	3 mile	90 min run
3	3 Mile + hills	7 x hill	3 mile + hills	30 min	3 mile	Rest	<b>5-K Race</b>
4	3mile + hills	8 x 400 5-K pace	3 mile + hills	40 min	OFF	3 mile	1:30 run
5	3 mile + hill	8 x hill	3 mile + hills	45 min	OFF	3 mile	1:30 run
6	3mile + hills	8 x 400 5-K pace	3mile + hills	30 min	3 mile	OFF	<b>10-K Race</b>
7	3mile + hills	4 x 800 10-K pace	3mile + hills	45 min	OFF	4 mile	1:45 run
8	3mile + hills	3 x 1600 Race pace	3mile + hills	50 min	OFF	5 mile	1:45 run
9	3mile + hills	5 x 800 10-K pace	3mile + hills	30 min	3 mile	OFF	<b>15-K Race</b>
10	3mile + hills	4 x 1600 Race pace	3mile + hills	55 min	OFF	5 mile	2:00 run
11	3mile + hills	6 x 800 10-K pace	3mile + hills	60 min	OFF	3 mile	2:00 run
12	3mile + hills	6 x 400 5-K pace	2 mile + hills	30 min	OFF	OFF	<b>Half Marathon</b>



## Intermediate plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	OFF	3 mile	5 x 400 3 mile pace	3 mile	OFF	3 mile	5 mile
2	OFF	3 mile	30 min	3 mile	OFF	3 mile	6 mile
3	OFF	3.5 mile	6 x 400 3 mile pace	3 mile	OFF	Rest	<b>5-K Race</b>
4	OFF	3.5 mile	35 min	3 mile	OFF	3 mile	7 mile
5	OFF	4 mile	7 x 400 3 mile pace	3 mile	OFF	3 mile	8 mile
6	Rest or easy run	4 mile	40 min	3 mile	3.5 mile	Rest	<b>10-K Race</b>
7	OFF	4.5 mile	8 x 400 3 mile pace	3 mile	OFF	4 mile	9 mile
8	OFF	4.5 mile	40 min	3 mile	OFF	5 mile	10 mile
9	Rest or easy run	5 mile	9 x 400 3 mile pace	3 mile	3.5 mile	Rest	<b>15-K Race</b>
10	OFF	5 mile	45 min	3 mile	OFF	5 mile	11 mile
11	OFF	5 mile	10 x 400 3mile	3 mile	OFF	3 mile	12 mile
12	OFF	4 mile	30 min	2 mile	OFF	Rest	<b>Half Marathon</b>