

LEGEND	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Rest	20-25 minutes easy	15 minutes of stretching	10 minutes easy, 4x 1 minute @pace with 2 minute recovery, 10 minutes easy	15 minutes of stretching	20 minutes easy	30 minutes easy
WEEK 2	Rest	20-25 minutes easy	15 minutes of stretching	10 minutes easy, 5x 90 seconds at pace with 2.5 minute jog recovery, 10 minutes easy	15 minutes of stretching	20 minutes easy	35 minutes easy
WEEK 3	Rest	20-25 minutes easy	15 minutes of stretching	10 minutes easy, 20 minute at pace	15 minutes of stretching	25 minutes easy	40 minutes easy
WEEK 4	Rest	10 minutes easy, 1 mile at goal pace, 10 minutes easy	15 minutes of stretching	10 minutes easy, 20 minutes at pace, 10 minutes easy	15 minutes of stretching	20 minutes easy	45 minutes easy
WEEK 5	Rest	25-30 minutes easy	15 minutes of stretching	10 minutes easy, 3x 3 minutes at pace with 3 minutes recovery jog, 10 minutes easy	15 minutes of stretching	25 minutes easy	35 minutes easy
WEEK 6	Rest	25 minutes easy with 6x 30 seconds at faster than goal pace	15 minutes of stretching	20-25 minutes easy	15 minutes of stretching	15 minutes easy	RACE DAY!