

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 13 mile long run	28 3 mile recovery pace	29 3 mile warm up 5 mile hard pace 1 mile cool down	30 4 mile recovery pace	1 3 mile warm up 6 mile hard pace 2 mile cool down	2 3 mile recovery pace	3 rest day
4 16 mile long run	5 3 mile recovery pace	6 3 mile warm up 6 mile hard pace 2 mile cool down	7 4 mile recovery pace	8 3 mile warm up 6 mile hard pace 2 mile cool down	9 3 mile recovery pace	10 rest day
11 18 mile long run	12 3 mile recovery pace	13 3 mile warm up 8 mile hard pace 2 mile cool down	14 4 mile recovery pace	15 3 mile warm up 6 mile hard pace 2 mile cool down	16 3 mile recovery pace	17 rest day
18 13 mile long run	19 3 mile recovery pace	20 3 mile warm up 6 mile hard pace 2 mile cool down	21 3 mile recovery pace	22 3 mile warm up 3 mile hard pace	23 rest day	24 rest day
25 Race Day!	26	27	28	29	30	31