

Dynamic WU1	Arm Swings	Side Bends	Hip Circles	Hald Squats	Leg Kicks	Leg Swings	
Dynamic WU2	Slow Skipping	High Knees	Butt Kicks	Cariocas	Bounders	Sprints	
R: Recovery	LS: Light Static	Flex: Flex Stretch	BWM: Body weight/ movement strength	RT: Resistance strength training	WU: warmup 1-3 miles: 10:30/mile	CD: cooldown 1-3 miles: 10:350/mile	
Goal Marathon Pace 8:30/mile	Easy Slow: 10:35 Easy Fast: 9:35	Speed WO 23:00 5K 7:35/mile	Strength WO 8:25/mile	Tempo WO 8:35/mile	Long Runs 9:35		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6/10/2019 No run	11 DWU1, Slow Easy 4 mi LS/Flex	12 No run	13 DWU1, Slow Easy 3 mi LS/Flex	14 No run	15 Slow Easy 3 miles	16 No run	1
17 No run	18 DWU1, Slow Easy 4 mi LS/Flex	19 No run	20 DWU1, Slow Easy 4 mi LS/Flex	21 DWU1, Fast Easy 3 mi LS	22 DWU1, Slow Easy 3 mi LS/Flex	23 Slow Easy 4 mi	2
24 No run	25 DWU1, Slow Easy 5 mi LS/Flex	26 No run	27 DWU1, Slow Easy 3 mi LS/Flex	28 DWU1, Fast Easy 3 mi	29 DWU1, Slow Easy 5 mi LS/Flex	30 DWU1, Slow Easy 5 mi BWM, LS	3
7/1/2019 No run	2 DWU1, Slow Easy 6 mi LS/Flex	3 No run	4 DWU1, Slow Easy 4 mi LS/Flex	5 DWU1, Fast Easy 5 mi	6 DWU1, Slow Easy 4 mi LS/Flex	7 DWU1, Slow Easy 5 mi BWM, LS	4
8 DWU1, Slow Easy 4 mi LS/Flex	9 DWU1, Slow Easy 8 mi LS/Flex	10 DWU1, BWM LS/Flex	11 DWU1, WU, DW2, Tempo 5 mi, CD	12 DWU1, Fast Easy 4 mi., BWM, LS/Flex	13 DWU1, Slow Easy 8 mi., BWM, LS/Flex	14 SPEED DWU1, WU, DWU2 12 x 400/400R, CD	5
15 DWU1, Slow Easy 4 mi, BWM, LS/Flex	16 Slow Easy 8 mi LS	17 DWU1, RT, LS/Flex	18 DWU1, WU, DW2, Tempo 5 mi, CD	19 DWU1, Fast Easy 4 mi., BWM, LS/Flex	20 DWU1, Slow Easy 6 mi., BWM, LS/Flex	21 SPEED DWU1, WU, DWU2 8 x 600/400R, CD	6

22 DWU1, Slow Easy 6 mi, BWM, LS/Flex	23 DWU1, Long 10 mi LS/Flex	24 DWU1, RT, LS/Flex	25 DWU1, WU, DW2, Tempo 5 mi, CD	26 DWU1, Fast Easy 5 mi., BWM, LS/Flex	27 DWU1, Slow Easy 6 mi., BWM, LS/Flex	28 SPEED DWU1, WU, DWU2 6 x 800/400R, CD	7
29 DWU1, Slow Easy 5 mi, BWM, LS/Flex	30 DWU1, Long 10 mi LS	31 DWU1, RT, LS/Flex	8/1/2019 DWU1, WU, DW2, Tempo 8 mi, CD	2 DWU1, Fast Easy 6 mi., BWM, LS/Flex	3 DWU1, Slow Easy 5 mi., BWM, LS/Flex	4 SPEED DWU1, WU, DWU2 5 x 1km /400R, CD	8
5 DWU1, Slow Easy 7 mi, BWM, LS/Flex	6 DWU1, Long 15 mi LS	7 DWU1, RT, LS	8 DWU1, WU, DW2, Tempo 8 mi, CD	9 DWU1, Fast Easy 5 mi., BWM, LS/Flex	10 DWU1, Slow Easy 8 mi., BWM, LS/Flex	11 SPEED DWU1, WU, DWU2 4 x 1200/400R, CD	9
12 DWU1, Slow Easy 5 mi, BWM, LS/Flex	13 DWU1, Long 10 mi LS	14 DWU1, RT, LS	15 DWU1, WU, DW2, Tempo 8 mi, CD	16 DWU1, Fast Easy 5 mi., BWM, LS/Flex	17 DWU1, Slow Easy 8 mi. LS/Flex	18 Falmouth Road Race	10
19 DWU1, Slow Easy 5 mi, BWM, LS/Flex	20 DWU1, Long 16 mi LS	21 DWU1, RT, LS	22 DWU1, WU, DW2, Tempo 9 mi, CD	23 DWU1, Fast Easy 5 mi., BWM, LS/Flex	24 DWU1, Slow Easy 8 mi. RT, LS/Flex	25 STRENGTH DWU1,WU,DWU2, 4 x 1.5mi/800R,CD	11
26 DWU1, Slow Easy 7 mi, BWM, LS/Flex	27 DWU1, Long 10 mi LS	28 DWU1, RT, LS	29 DWU1, WU, DW2, Tempo 9 mi, CD	30 DWU1, Fast Easy 6 mi., BWM, LS/Flex	31 DWU1, Slow Easy 6 mi. RT, LS/Flex	9/1 STRENGTH DWU1,WU,DWU2, 3 x 2mi/800R, CD	12
2 DWU1, Slow Easy 5 mi, BWM, LS/Flex	3 DWU1, Long 16 mi LS	4 DWU1, RT, LS	5 DWU1, WU, DW2, Tempo 9 mi, CD	6 DWU1, Fast Easy 5 mi., BWM, LS/Flex	7 DWU1, Slow Easy 8 mi. RT, LS/Flex	8 STRENGTH DWU1,WU,DWU2, 2 x 3mi/1mi.R, CD	13
9 DWU1, Slow Easy 7 mi, BWM, LS/Flex	10 DWU1, Long 10 mi LS	11 DWU1, RT, LS	12 DWU1, WU, DW2, Tempo 10 mi, CD	13 DWU1, Fast Easy 6 mi., BWM, LS/Flex	14 DWU1, Slow Easy 6 mi. RT, LS/Flex	15 STRENGTH DWU1,WU,DWU2, 3 x 2mi/800R, CD	14
16 DWU1, Slow Easy 5 mi, BWM, LS/Flex	17 DWU1, Long 16 mi LS	18 DWU1, RT, LS	19 DWU1, WU, DW2, Tempo 10 mi, CD	20 DWU1, Fast Easy 5 mi., BWM, LS/Flex	21 DWU1, Slow Easy 8 mi. RT, LS/Flex	22 STRENGTH DWU1,WU,DWU2, 4 x 1.5mi/800R,CD	15
23 DWU1, Slow Easy 7 mi, BWM, LS/Flex	24 DWU1, Long 10 mi LS	25 DWU1, RT, LS	26 DWU1, WU, DW2, Tempo 10 mi, CD	27 DWU1, Fast Easy 6 mi., BWM, LS/Flex	28 DWU1, Slow Easy 6 mi. LS	29 STRENGTH DWU1,WU,DWU2, 6 x 1mi/400R, CD	16
30 WU1, Slow Easy 5 mi, LS	10/1/2019 DWU1, Fast Easy 5 mi. LS	2 OFF	3 DWU1, Slow Easy 6 mi	4 DWU1, Fast Easy 5 mi., BWM, LS/Flex	5 DWU1, Slow Easy 3 mi. LS	6 RACE DAY	17