

THE PERFECT 10 (5-K AND 10-K) FOR NEWBIES

DAY CYCLE 1

- | | |
|----|---|
| 1 | Tempo run: 15 min warmup, 20 min faster pace, 15 min cooldown |
| 2 | Rest or cross-train |
| 3 | 3 mi easy |
| 4 | Speedwork: 3 Yasso 800s |
| 5 | Cross-train |
| 6 | 4 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 5–6 |
| 9 | Rest day |
| 10 | 4 mi easy |

DAY CYCLE 2

DAY CYCLE 2

- | | |
|----|---|
| 1 | Tempo run: 15 min warmup, 20 min faster pace, 15 min cooldown |
| 2 | Rest or cross-train |
| 3 | 3 mi easy |
| 4 | Speedwork: 3 Yasso 800s |
| 5 | Cross-train |
| 6 | 4 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 5–6 mi |
| 9 | Rest day |
| 10 | 4 mi easy |

DAY CYCLE 3

- | | |
|----|---|
| 1 | Tempo run: 15 min warmup, 25 min faster pace, 15 min cooldown |
| 2 | Rest or cross-train |
| 3 | 3 mi easy |
| 4 | Speedwork: 4 Yasso 800s |
| 5 | Cross-train |
| 6 | 4 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 6–7 mi |
| 9 | Rest day |
| 10 | 4 mi easy |

DAY TAPER 5-K AND 10-K

- | | |
|----|---------------------|
| 1 | 2 mi easy |
| 2 | Cross-train |
| 3 | Rest day |
| 4 | Track: 2 Yasso 800s |
| 5 | Cross-train |
| 6 | Rest day |
| 7 | Rest day |
| 8 | 2 mi easy |
| 9 | Rest day |
| 10 | Race day |

Follow cycles 1, 2, and 3 consecutively. Repeat starting at cycle 1, then follow the taper. You must start the program 70 days prior to the race date.

Newbie: those just starting out

Seasoned: experienced runner

Hard-Core: most ambitious

THE PERFECT 10 (5-K AND 10-K) FOR SEASONED RUNNERS

DAY CYCLE 1

- 1 Tempo run—HMPW:
15 min warmup, 20 min HMP,
15 min cooldown

- 2 Rest or cross-train

- 3 4 mi easy

- 4 Speedwork: 6 Yasso 800s

- 5 Cross-train

- 6 3 mi easy

- 7 5 mi easy

- 8 LSD: 5–7 mi

- 9 Rest day

- 10 5 mi easy

DAY CYCLE 3

- 1 Tempo run—HMPW:
15 min warmup, 30 min HMP,
15 min cooldown

- 2 Cross-train

- 3 5 miles easy

- 4 Speedwork: 3 1-mile repeats

- 5 Cross-train

- 6 5 mi easy

- 7 3 mi easy

- 8 LSD: 8–10 mi

- 9 Rest day

- 10 4 mi easy

DAY CYCLE 2

- 1 Tempo run—HPMW:
15 min warmup, 25 min HMP,
15 min cooldown

- 2 Rest or cross-train

- 3 3 mi easy

- 4 Speedwork: 12 × 400

- 5 Cross-train

- 6 4 mi easy

- 7 5 mi easy

- 8 LSD: 6–8 miles

- 9 Rest day

- 10 4 mi easy

DAY TAPER 5-K AND 10-K

- 1 4 mi easy

- 2 Cross-train

- 3 Rest day

- 4 Track: 3 Yasso 800s

- 5 Cross-train

- 6 4 mi easy

- 7 Rest day

- 8 3 mi easy

- 9 Rest day

- 10 Race day

Follow cycles 1, 2, and 3 twice, then follow the taper.

You must start the program 70 days prior to the race date.

THE PERFECT 10 (5-K AND 10-K) FOR HARD-CORE RUNNERS

DAY CYCLE 1

- 1 Tempo run: 15 min warmup,
30 min faster pace,
15 min cooldown
- 2 Rest or cross-train
- 3 5 mi easy
- 4 Speedwork: 5 Yasso 800s
- 5 Cross-train
- 6 6 mi easy
- 7 5 mi easy
- 8 LSD: 6–8 mi
- 9 Rest day
- 10 5 mi easy

DAY CYCLE 2

- 1 Tempo run: 15 min warmup,
35 min faster pace,
15 min cooldown
- 2 Rest or cross-train
- 3 5 mi easy
- 4 Speedwork: 6 Yasso 800s
- 5 Cross-train
- 6 5 mi easy
- 7 6 mi easy
- 8 LSD: 7–9 mi
- 9 Rest day
- 10 5 mi easy

DAY CYCLE 3

- 1 Tempo run: 15 min warmup,
40 min faster pace,
15 min cooldown
- 2 Rest or cross-train
- 3 6 mi easy
- 4 Speedwork: 6 Yasso 800s
- 5 Cross-train
- 6 6 mi easy
- 7 6 mi easy
- 8 LSD: 8–10 mi
- 9 Rest day
- 10 5 mi easy

DAY TAPER 5-K AND 10-K

- 1 5 mi easy
- 2 Cross-train
- 3 3 mi easy
- 4 Track: 4 Yasso 800s
- 5 Cross-train
- 6 5 mi easy
- 7 Rest day
- 8 3 mi easy
- 9 Rest day
- 10 Race day

Follow cycles 1, 2, and 3 twice, then follow the taper.

You must start the program 70 days prior to the race date.

THE PERFECT 10 HALF-MARATHON FOR NEWBIES

DAY CYCLE 1

- 1 Tempo run—HMPW:
15 min warmup, 20 min HMP,
15 min cooldown
- 2 Rest or cross-train
- 3 3 mi easy
- 4 Speedwork: 3 Yasso 800s
- 5 Cross-train
- 6 3 mi easy
- 7 4 mi easy
- 8 LSD: 4–5 mi
- 9 Rest day
- 10 3 mi easy

DAY CYCLE 3

- 1 Tempo run—HMPW:
15 min warmup, 30 min HMP,
15 min cooldown
- 2 Rest or cross-train
- 3 4 mi easy
- 4 Speedwork: 4 Yasso 800s
- 5 Cross-train
- 6 4 mi easy
- 7 4 mi easy
- 8 LSD: 8–10 mi
- 9 Rest day
- 10 3 mi easy

DAY CYCLE 2

- 1 Tempo run—HMPW:
15 min warmup, 25 min HMP,
15 min cooldown
- 2 Rest or cross-train
- 3 4 mi easy
- 4 Speedwork: 4 Yasso 800s
- 5 Cross-train
- 6 3 mi easy
- 7 4 mi easy
- 8 LSD: 5–7 mi
- 9 Rest day
- 10 3 mi easy

DAY HALF-MARATHON TAPER

- 1 Tempo: 10-min warmup,
15-min half-marathon pace,
15-min cooldown
- 2 Cross-train
- 3 4 mi easy
- 4 Track: 2 Yasso 800s
- 5 Cross-train
- 6 3 mi easy
- 7 Rest day
- 8 3 mi easy
- 9 Rest day
- 10 Race day

Follow cycles 1, 2, and 3 and repeat two times, then follow the taper.

You must start the program 100 days prior to the race date.

THE PERFECT 10 HALF-MARATHON FOR SEASONED RUNNERS

DAY CYCLE 1

- | | |
|----|--|
| 1 | Tempo workout—HMPW: 15 min warmup, 20 min HMP, 15 min cooldown |
| 2 | Rest or cross-train |
| 3 | 5 mi easy |
| 4 | Speedwork: 3 Yasso 800s |
| 5 | Cross-train |
| 6 | 5 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 6–8 mi |
| 9 | Rest day |
| 10 | 5 mi easy |

DAY CYCLE 3

- | | |
|----|--|
| 1 | Tempo run—HMPW: 15 min warmup, 35 min HMP, 15 min cooldown |
| 2 | Cross-train |
| 3 | 5 mi easy |
| 4 | Speedwork: 3 1-mile repeats |
| 5 | Cross-train |
| 6 | 5 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 12–15 mi |
| 9 | Rest day |
| 10 | 5 mi easy |

DAY CYCLE 2

- | | |
|----|--|
| 1 | Tempo run—HMPW: 15 min warmup, 25 min HMP, 15 min cooldown |
| 2 | Rest or cross-train |
| 3 | 5 mi easy |
| 4 | Speedwork: 12 × 400 |
| 5 | Cross-train |
| 6 | 5 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 10–12 mi |
| 9 | Rest day |
| 10 | 5 mi easy |

DAY HALF-MARATHON TAPER

- | | |
|----|--|
| 1 | Tempo: 12-min warmup, 20-min half-marathon pace, 12-min cooldown |
| 2 | Cross-train |
| 3 | 5 mi easy |
| 4 | Track: 3 Yasso 800s |
| 5 | Cross-train |
| 6 | 4 mi easy |
| 7 | Rest day |
| 8 | 3 mi easy |
| 9 | Rest day |
| 10 | Race day |

Follow cycles 1, 2, and 3 three times, then follow the taper.

You must start the program 100 days prior to the race date.

THE PERFECT 10 HALF-MARATHON FOR HARD-CORE RUNNERS

DAY CYCLE 1

- 1 Tempo run—HMPW:
15 min warmup, 30 min HMP,
15 min cooldown
- 2 Rest or cross-train
- 3 6 mi easy
- 4 Speedwork: 4 Yasso 800s
- 5 Cross-train
- 6 6 mi easy
- 7 6 mi easy
- 8 LSD: 8–10 mi
- 9 Rest day
- 10 6 mi easy

DAY CYCLE 3

- 1 Tempo run—HMPW:
15 min warmup, 40 min HMP,
15 min cooldown
- 2 Rest or cross-train
- 3 5 mi easy
- 4 Speedwork: 6 Yasso 800s
- 5 Cross-train
- 6 5 mi easy
- 7 4 mi easy
- 8 LSD: 12–14 mi
- 9 Rest day
- 10 5 mi easy

DAY CYCLE 2

- 1 Tempo run—HMPW:
15 min warmup, 30 min HMP,
15 min cooldown
- 2 Rest or cross-train
- 3 5 mi easy
- 4 Speedwork: 5 Yasso 800s
- 5 Cross-train
- 6 3 mi easy
- 7 4 mi easy
- 8 LSD: 8–10 mi
- 9 Rest day
- 10 5 mi easy

DAY HALF-MARATHON TAPER CYCLE

- 1 Tempo: 15-min warmup,
25-min half-marathon pace,
15-min cooldown
- 2 Cross-train
- 3 6 mi easy
- 4 Track: 4 Yasso 800s
- 5 Cross-train
- 6 4 mi easy
- 7 Rest day
- 8 3 mi easy
- 9 Rest day
- 10 Race day

**Follow cycles 1, 2, and 3 three times, then follow the taper.
You must start the program 100 days prior to the race date.**

THE PERFECT 10 MARATHON FOR NEWBIES

DAY CYCLE 1

- | | |
|----|--|
| 1 | Tempo run—MPW: 15 min warmup, 30 min MP, 15 min cooldown |
| 2 | Rest day or cross-train |
| 3 | 4 mi easy |
| 4 | Speedwork: 4 Yasso 800s |
| 5 | Cross-train |
| 6 | 3 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 8–10 mi |
| 9 | Rest day |
| 10 | 4 mi easy |

DAY CYCLE 3

- | | |
|----|--|
| 1 | Tempo run—MPW: 15 min warmup, 40 min MP, 15 min cooldown |
| 2 | Rest day or cross-train |
| 3 | 4 mi easy |
| 4 | Speedwork: 6 Yasso 800s |
| 5 | Cross-train |
| 6 | 3 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 16–18 mi |
| 9 | Rest day |
| 10 | 4 mi easy |

DAY TAPER CYCLE 2

- | | |
|----|---|
| 1 | Tempo: MPW, 12-min warmup, 20-min MP, 12-min cooldown |
| 2 | Rest day |
| 3 | 4 mi easy |
| 4 | Track: 2 Yasso 800s |
| 5 | Rest day |
| 6 | 3 mi easy |
| 7 | Rest day |
| 8 | 3 mi easy |
| 9 | Rest day |
| 10 | Race day |

DAY CYCLE 2

- | | |
|----|--|
| 1 | Tempo run—MPW, 15 min warmup, 35 min MP, 15 min cooldown |
| 2 | Rest day or cross-train |
| 3 | 4 mi easy |
| 4 | Speedwork: 6 Yasso 800s |
| 5 | Cross-train |
| 6 | 3 mi easy |
| 7 | 5 mi easy |
| 8 | LSD: 13–15 mi |
| 9 | Rest day |
| 10 | 4 mi easy |

DAY TAPER CYCLE 1

- | | |
|----|---|
| 1 | Tempo: MPW, 12-min warmup, 25-min MP, 12-min cooldown |
| 2 | Rest day |
| 3 | 4 mi easy |
| 4 | Track: 3 Yasso 800s |
| 5 | Rest day |
| 6 | 4 mi easy |
| 7 | Rest day |
| 8 | 4 mi easy |
| 9 | Rest day |
| 10 | 4 mi easy |

**Follow cycles 1, 2, and 3 four times, then follow the 20-day taper.
You must start the program 140 days prior to the race date.**

THE PERFECT 10 MARATHON FOR SEASONED RUNNERS

DAY CYCLE 1

| | |
|----|--|
| 1 | Tempo run—MPW: 15 min warmup, 40 min MP, 15 min cooldown (8–10 mi) |
| 2 | Rest day or cross-train |
| 3 | 6 mi easy |
| 4 | Speedwork: 6 Yasso 800s |
| 5 | Cross-train |
| 6 | 5 mi easy |
| 7 | 8 mi easy |
| 8 | LSD: 12–15 mi |
| 9 | Rest day |
| 10 | 6 mi easy |

DAY CYCLE 3

| | |
|----|---|
| 1 | Tempo run—MPW: 15 min warmup, 30 min MP, 15 min cooldown (7–9 mi) |
| 2 | Rest or cross-train |
| 3 | 6 mi easy |
| 4 | Speedwork: 4 × 1 mile (9 mi) |
| 5 | Cross-train |
| 6 | 8 mi easy |
| 7 | 6 mi easy |
| 8 | LSD: 18–20 miles |
| 9 | Rest day |
| 10 | 8 mi easy |

DAY TAPER

| | |
|----|---|
| 1 | Tempo: MPW, 15-min warmup, 25-min MP, 15-min cooldown |
| 2 | Rest day |
| 3 | 4 mi easy |
| 4 | Track: 3 Yasso 800s |
| 5 | Rest day |
| 6 | 4 mi easy |
| 7 | Rest day |
| 8 | 3 mi easy |
| 9 | Rest day |
| 10 | Race day |

DAY CYCLE 2

| | |
|----|---|
| 1 | Tempo run—MPW, 15 min warmup, 50 min MP, 15 min cooldown (10–12 mi) |
| 2 | Rest or cross-train |
| 3 | 6 mi easy |
| 4 | Speedwork: 12 × 400 (8 mi) |
| 5 | Cross-train |
| 6 | 6 mi easy |
| 7 | 8 mi easy |
| 8 | LSD: 15–18 mi |
| 9 | Rest day |
| 10 | 8 mi easy |

DAY TAPER

| | |
|----|---|
| 1 | Tempo: MPW, 15-min warmup, 30-min MP, 15-min cooldown |
| 2 | Rest day |
| 3 | 4 mi easy |
| 4 | Track: 4 Yasso 800s |
| 5 | Rest day |
| 6 | 4 mi easy |
| 7 | Rest day |
| 8 | 5 mi easy |
| 9 | Rest day |
| 10 | 4 mi easy |

**Follow cycles 1, 2, and 3 four times, then follow the 20-day taper.
You must start the program 140 days prior to the race date.**

THE PERFECT 10 MARATHON FOR HARD-CORE RUNNERS

DAY CYCLE 1

- | | |
|----|--|
| 1 | Tempo run—MPW, 15 min warmup, 50 min MP, 15 min cooldown |
| 2 | Rest day or cross-train |
| 3 | 8 mi easy |
| 4 | Speedwork: 8 Yasso 800s |
| 5 | Cross-train |
| 6 | 7 mi easy |
| 7 | 8 mi easy |
| 8 | LSD: 16–18 mi |
| 9 | Rest day |
| 10 | 8 mi easy |

DAY CYCLE 2

DAY CYCLE 2

- | | |
|----|--|
| 1 | Tempo run—MPW: 15 min warmup, 60 min MP, 15 min cooldown |
| 2 | Rest day or cross-train |
| 3 | 8 mi easy |
| 4 | Speedwork: 8 Yasso 800s |
| 5 | Cross-train |
| 6 | 7 mi easy |
| 7 | 8 mi easy |
| 8 | LSD: 18–20 mi |
| 9 | Rest day |
| 10 | 8 mi easy |

DAY CYCLE 3

- | | |
|----|--|
| 1 | Tempo run—MPW: 15 min warmup, 60 min MP, 15 min cooldown |
| 2 | Rest day or cross-train |
| 3 | 8 mi easy |
| 4 | Speedwork: 10 Yasso 800s |
| 5 | Cross-train |
| 6 | 7 mi easy |
| 7 | 8 mi easy |
| 8 | LSD: 20–22 mi |
| 9 | Rest day |
| 10 | 8 mi easy |

DAY TAPER

- | | |
|----|---|
| 1 | Tempo: MPW, 15-min warmup, 35-min MP, 15-min cooldown |
| 2 | Rest day |
| 3 | 5 mi easy |
| 4 | Track: 5 Yasso 800s |
| 5 | Rest day |
| 6 | 5 mi easy |
| 7 | Rest day |
| 8 | 5 mi easy |
| 9 | Rest day |
| 10 | 6 mi easy |

DAY TAPER

- | | |
|----|--|
| 1 | Tempo: MPW, 15-min warmup, 35-min at MP, 15-min cooldown |
| 2 | Rest day |
| 3 | 5 mi easy |
| 4 | Track: 4 Yasso 800s |
| 5 | Rest day |
| 6 | 5 mi easy |
| 7 | Rest day |
| 8 | 3 mi easy |
| 9 | Rest day |
| 10 | Race day |

**Now
that you
have adjusted
to a 10-day cycle,
let's start the
13-month
calendar**

**Follow cycles 1, 2, and 3 four times, then follow the 20-day taper.
You must start the program 140 days prior to the race date.**

MARATHON

WEEK 1

| NEWBIES: 15 MILES TOTAL | SEASONED: 25 MILES TOTAL | HARD-CORE: 35 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 3 mi easy | TUE: 4 mi easy | TUE: 5 mi hills |
| WED: 4 mi easy | WED: 4 mi easy | WED: 4 mi easy |
| THU: rest day | THU: 6 mi hills | THU: 6 mi MPW run |
| FRI: 3 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 4 mi easy | SAT: 5 mi easy |
| SUN: 5 mi LSD | SUN: 7 mi LSD | SUN: 10 mi LSD |

REST DAYS AND EASY DAYS are mostly interchangeable. This means that those following the seasoned and hard-core schedules who want to take a zero day on Saturday, rather than Friday, should simply switch those days. However, the quality days (hills and Sundays, which will become long runs) should stay where they are.

CROSS-TRAINING is a good idea but should be limited to rest days and easy days. Easy-day cross-training should involve sustained aerobic activity like cycling, swimming, or an elliptical trainer; rest-day cross-training should be a nonimpact activity like stretching or yoga.

HILLS: The seasoned and hard-core schedules call for runs on hills this week. Later in the program, these will become hill repeats; but this week, just pick a run with lots of hills, if possible.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 4 miles at marathon pace, then cool down 1 mile.

LSD: Long, slow distance runs are purely for the purpose of endurance. You're going to be on your feet a while to cover 13.1 miles; this is when you get used to it.

MARATHON

WEEK 2

| NEWBIES: 17 MILES TOTAL | SEASONED: 28 MILES TOTAL | HARD-CORE: 38 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 3 mi easy | TUE: 4 mi easy | TUE: 6 mi hills |
| WED: 3 mi easy | WED: 4 mi easy | WED: 4 mi easy |
| THU: rest day | THU: 6 mi hills | THU: 6 mi MPW |
| FRI: 4 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 5 mi easy | SAT: 5 mi easy |
| SUN: 7 mi | SUN: 9 mi | SUN: 12 mi |

HILLS: The seasoned and hard-core schedules call for runs on hills this week. Later in the program, these will become hill repeats, but this week, just pick a run with lots of hills, if possible.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 4 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 3

| NEWBIES: 20 MILES TOTAL | SEASONED: 30 MILES TOTAL | HARD-CORE: 40 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 4 mi easy |
| TUE: 3 mi easy | TUE: 3 mi easy | TUE: 6 mi hills |
| WED: 4 mi easy | WED: 4 mi easy | WED: 4 mi easy |
| THU: rest day | THU: 6 mi hills | THU: 8 mi MPW |
| FRI: 4 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 5 mi easy | SAT: 4 mi easy |
| SUN: 9 mi | SUN: 12 mi | SUN: 14 mi |

HILLS: The seasoned and hard-core schedules call for runs on hills this week. Later in the program, these will become hill repeats; but this week, just pick a run with lots of hills, if possible.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 6 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 4

| NEWBIES: 18 MILES TOTAL | SEASONED: 28 MILES TOTAL | HARD-CORE: 38 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 4 mi easy |
| TUE: 4 mi easy | TUE: 4 mi easy | TUE: 7 mi hills |
| WED: 3 mi easy | WED: 4 mi easy | WED: 5 mi easy |
| THU: rest day | THU: 6 mi hills | THU: 8 mi MPW |
| FRI: 4 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 4 mi easy | SAT: 4 mi easy |
| SUN: 7 mi LSD | SUN: 10 mi LSD | SUN: 10 mi LSD |

HILLS: The seasoned and hard-core schedules are on hills again this week. Just like last week, this should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run. You'll know you've found the right loop if it's too steep to run easily. Remember to hold form on the downhill as well as the uphill.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 6 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 5

| NEWBIES: 22 MILES TOTAL | SEASONED: 32 MILES TOTAL | HARD-CORE: 43 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 3 mi easy |
| TUE: 4 mi easy | TUE: 4 mi easy | TUE: 8 mi hills |
| WED: 3 mi easy | WED: 7 mi hills | WED: 5 mi easy |
| THU: rest day | THU: 4 mi easy | THU: 8 mi MPW |
| FRI: 5 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 4 mi easy | SAT: 4 mi easy |
| SUN: 10 mi LSD | SUN: 13 mi LSD | SUN: 15 mi LSD |

HILLS: The seasoned and hard-core schedules are on hills again this week. As usual, this should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 6 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 6

| NEWBIES: 24 MILES TOTAL | SEASONED: 34 MILES TOTAL | HARD-CORE: 44 MILES TOTAL |
|------------------------------------|--|--|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 4 mi easy | TUE: 7 mi easy | TUE: 8 mi easy |
| WED: 3 mi easy | WED: 7 mi easy | WED: 8 mi MPW |
| THU: rest day | THU: 8 mi hills | THU: rest day |
| FRI: 5 mi easy | FRI: rest day | FRI: 8 mi |
| SAT: rest day | SAT: 6 mi easy | SAT: 7 easy |
| SUN: 12 mi LSD | SUN: 5-K race— 2 mi warmup, 1 mi cooldown | SUN: 5-K race— 2 mi warmup, 2 mi cooldown |

HILLS: The seasoned and hard-core schedules are on hills again this week. As usual, this should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

5-K RACE: This is optional for seasoned and hard-core schedules. Don't expect a particularly fast time; the point this week is to go out and enjoy racing.

MARATHON

WEEK 7

| NEWBIES: 27 MILES TOTAL | SEASONED: 37 MILES TOTAL | HARD-CORE: 47 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 4 mi easy | TUE: 4 mi easy | TUE: 8 mi hills |
| WED: 4 mi easy | WED: 7 mi hills | WED: 4 mi easy |
| THU: rest day | THU: 5 mi easy | THU: 8 mi MPW |
| FRI: 4 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 5 mi easy | SAT: 4 mi easy |
| SUN: 15 mi LSD | SUN: 16 mi LSD | SUN: 18 mi LSD |

HILLS: The seasoned and hard-core schedules are on hills again this week. As usual, this should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 6 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 8

| NEWBIES: 24 MILES TOTAL | SEASONED: 35 MILES TOTAL | HARD-CORE: 52 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 9 mi hill repeats |
| WED: 4 mi easy | WED: 4 mi easy | WED: 7 mi easy |
| THU: rest day | THU: 8 mi hill repeats | THU: 9 mi MPW |
| FRI: 4 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 4 mi easy | SAT: 6 mi easy |
| SUN: 12 mi LSD | SUN: 14 mi LSD | SUN: 16 mi LSD |

HILL REPEATS: You're welcome to do hills again this week, but if you feel adventurous, you can try hill repeats. Find a hill that will take you at least 2 minutes to climb, and mark off a "short" repeat (about halfway from the bottom) and a "long" repeat (all the way to the top). Then do a set of short hills: three or four sprints up the short repeat, then a jog back down; a set of long hills: three or four loops of a hard run to the top, a jog back to the top of the short segment and a sprint to the bottom; then another three or four short hills. Adjust the repeats depending on the miles you need; you should be doing 2 miles of warming up and cooling down before and after the hills, so the workout involves 3 or 4 miles of work. The downhill sprints in the long sets are nearly as important as the uphill parts. Try to run smoothly, without slapping your feet.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 7 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 9

| NEWBIES: 30 MILES TOTAL | SEASONED: 41 MILES TOTAL | HARD-CORE: 54 MILES TOTAL |
|-----------------------------------|------------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: Rest day |
| TUE: 6 mi easy | TUE: 9 mi MPW | TUE: 8 mi easy |
| WED: 4 mi easy | WED: 3 mi easy | WED: 8 mi, 3 mi repeats |
| THU: rest day | THU: 8 mi speedwork | THU: 4 mi easy |
| FRI: 4 mi easy | FRI: rest day | FRI: 9 mi MPW |
| SAT: rest day | SAT: 3 mi easy | SAT: 5 easy |
| SUN: 16 mi LSD | SUN: 18 mi LSD | SUN: 20 mi LSD |

SPEEDWORK: You don't need a track to do speedwork, but it helps. Don't get spooked by the number of miles on the "repeats" days; they include the warmup and cooldown, and those should be at least 2 miles each way for seasoned and hard-core schedules, leaving 3 miles of actual speedwork. You can make those miles easier by starting your run 2 miles from the track.

MILE REPEATS: This classic workout is pretty simple: Run a mile at your 10-K pace, jog a lap for recovery, and repeat three times.

If you're not running on a track, use a car or bicycle to mark off a mile on a low-traffic road, or run by time. See if you can feel the maximum oxygen pace—it should be at that balance point where you're still comfortable, but even the slightest bit faster would be uncomfortable.

MPW: The hard-core and seasoned schedules include a marathon-pace workout. Warm up 1 mile, run 7 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 10

| NEWBIES: 32 MILES TOTAL | SEASONED: 43 MILES TOTAL | HARD-CORE: 53 MILES TOTAL |
|-----------------------------------|------------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 4 mi easy | TUE: 10 mi MPW | TUE: rest day |
| WED: 6 mi easy | WED: rest day | WED: 9 mi speedwork |
| THU: rest day | THU: 9 mi speedwork | THU: rest day |
| FRI: 4 mi easy | FRI: rest day | FRI: 10 mi MPW |
| SAT: rest day | SAT: 4 mi easy | SAT: 6 easy |
| SUN: 18 mi LSD | SUN: 20 mi LSD | SUN: 22 mi LSD |

NEWBIES: Sometimes it seems like the seasoned and hard-core programs get all the fun, with speedwork, hills, and more runs per week. The newbie program is based entirely on mileage, with the goal of simply building your endurance to the point that 26-plus miles is an easily reachable or at least attainable distance. So we concentrate more on time on your feet and less on speed. Next time around you can plan on more miles and improve either your time—or how easy your time is.

MPW: The hard-core and seasoned schedules include a marathon-pace workout. Warm up 1 mile, run 8 miles at marathon pace, then cool down 1 mile.

SPEEDWORK: Do 8 Yasso 800s; jog a 400-meter recovery lap.

MARATHON

WEEK 11

| NEWBIES: 36 MILES TOTAL | SEASONED: 45 MILES TOTAL | HARD-CORE: 58 MILES TOTAL |
|-----------------------------------|------------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 6 mi easy | TUE: 4 mi easy | TUE: rest day |
| WED: 5 mi easy | WED: 7 mi easy | WED: 9 mi speedwork |
| THU: rest day | THU: 10 mi MPW | THU: 7 mi easy |
| FRI: 5 mi easy | FRI: rest day | FRI: 10 mi MPW |
| SAT: rest day | SAT: 4 mi easy | SAT: 6 mi easy |
| SUN: 20 mi LSD | SUN: 20 mi LSD | SUN: 20 mi LSD |

SPEEDWORK: Those on the hard-core schedule are out for some more speed on Wednesday. Now that you've done mile repeats and repeat 800s, do a ladder workout: $\frac{1}{2}$, $\frac{3}{4}$, mile, $\frac{3}{4}$, $\frac{1}{2}$. Jog half the distance you just ran between each one. Remember to warm up and cool down.

MPW: The hard-core and seasoned schedules include a marathon-pace workout. Warm up 1 mile, run 8 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 12

| NEWBIES: 35 MILES TOTAL | SEASONED: 47 MILES TOTAL | HARD-CORE: 58 MILES TOTAL |
|-----------------------------------|---|---|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 7 mi easy | TUE: 8 mi easy | TUE: rest day |
| WED: 7 mi easy | WED: 7 mi easy | WED: 10 mi speedwork, mile repeats |
| THU: rest day | THU: 10 mi speedwork, mile repeats | THU: 8 mi easy |
| FRI: 7 mi easy | FRI: rest day | FRI: 10 mi MPW |
| SAT: rest day | SAT: 7 mi easy | SAT: 8 easy |
| SUN: 14 mi LSD | SUN: 15 mi LSD | SUN: 16 mi LSD |

SPEEDWORK: You don't need a track to do speedwork, but it helps. Don't get spooked by the number of miles on the "repeats" days; they include the warmup and cooldown, and those should be at least 2 miles each way, leaving 4 miles of actual speedwork. You can make those miles easier by starting your run 2 miles from the track.

MILE REPEATS: This classic workout is pretty simple: Run a mile at your 10-K pace; jog 800 meters or 1/2 mile.

MARATHON

WEEK 13

| NEWBIES: 40 MILES TOTAL | SEASONED: 50 MILES TOTAL | HARD-CORE: 60 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 6 mi easy | TUE: 6 mi easy | TUE: 7 mi easy |
| WED: 7 mi easy | WED: 10 mi speedwork | WED: 10 mi speedwork |
| THU: rest day | THU: 6 mi easy | THU: rest day |
| FRI: 7 mi easy | FRI: rest day | FRI: 8 mi hills |
| SAT: rest day | SAT: 6 mi easy | SAT: 6 mi easy |
| SUN: 20 mi LSD | SUN: 22 mi LSD | SUN: 23 mi LSD |

SPEEDWORK: Do 10 Yasso 800s; jog a 400-meter lap for recovery.

HILLS: And you thought you were off the hills. The hard-core program has 8 miles on hills on Friday.

MARATHON

WEEK 14

| NEWBIES: 34 MILES TOTAL | SEASONED: 45 MILES TOTAL | HARD-CORE: 55 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 7 mi easy | TUE: 8 mi easy | TUE: rest day |
| WED: 7 mi easy | WED: 7 mi easy | WED: 8 mi, mile repeats |
| THU: rest day | THU: 8 mi, mile repeats | THU: 8 mi easy |
| FRI: 7 mi easy | FRI: rest day | FRI: 10 mi MPW |
| SAT: rest day | SAT: 7 mi easy | SAT: 7 easy |
| SUN: 13 mi LSD | SUN: 15 mi LSD | SUN: 16 mi LSD |

SPEEDWORK: Now we're coming down to quarters. This week's workout should be 12 times 400 with 200-meter recovery. Jog at least half that distance between repeats to recover.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 8 miles at marathon pace, then cool down 1 mile.

MARATHON

WEEK 15

| NEWBIES: 24 MILES TOTAL | SEASONED: 32 MILES TOTAL | HARD-CORE: 40 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: rest day |
| TUE: 5 mi easy | TUE: 5 mi easy | TUE: 7 mi hills |
| WED: 4 mi easy | WED: 4 mi easy | WED: 4 mi easy |
| THU: rest day | THU: 6 mi hills | THU: 8 mi MPW |
| FRI: 5 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 5 mi easy | SAT: 4 mi easy |
| SUN: 10 mi LSD | SUN: 12 mi LSD | SUN: 13 mi LSD |

REST DAYS: The seasoned and hard-core schedules have an extra rest day this week. Back off on the cross-training at this time.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 6 miles at marathon pace, then cool down 1 mile.

HILLS: The seasoned and hard-core schedules call for runs on hills this week—just pick a run with lots of hills, if possible.

EASY DAYS: Make sure they stay easy, even though you're not working as hard on the other days. We're tapering now, and running harder on the easy days won't help. From here until race day, the idea is getting to the race well-rested.

MARATHON

WEEK 16

| NEWBIES: 10 MILES TOTAL | SEASONED: 13 MILES TOTAL | HARD-CORE: 18 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: rest day |
| TUE: 3 mi easy | TUE: 5 mi easy | TUE: 5 mi hills |
| WED: 4 mi easy | WED: rest day | WED: 4 mi easy |
| THU: rest day | THU: 5 mi easy | THU: 6 mi MPW run |
| FRI: 3 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi very easy | SAT: 3 mi very easy |
| SUN: race day | SUN: race day | SUN: race day |

Enjoy a very easy week in preparation for the race.

REST DAYS AND EASY DAYS: This whole week is about taking it easy, so run very easy on your easy days. You may be antsy, but save that energy for the race.

MPW: The hard-core schedule includes a marathon-pace workout. Warm up 1 mile, run 4 miles at marathon pace, then cool down 1 mile.

HALF-MARATHON

WEEK 1

| NEWBIES: 17 MILES TOTAL | SEASONED: 28 MILES TOTAL | HARD-CORE: 38 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 6 mi hills |
| WED: 4 mi easy | WED: 4 mi easy | WED: 4 mi easy |
| THU: rest day | THU: 6 mi hills | THU: 6 mi HMPW |
| FRI: 4 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 6 mi easy | SAT: 6 mi easy |
| SUN: 5 mi | SUN: 7 mi | SUN: 10 mi |

REST DAYS AND EASY DAYS are mostly interchangeable. This means that those following the seasoned and hard-core schedules who want to take a zero day on Saturday rather than Friday should simply switch those days. However, the quality days (hills and Sundays, which will become long runs) should stay where they are; more on that later in the program.

CROSS-TRAINING isn't necessarily a bad idea but should be limited to rest days and easy days. Easy-day cross-training should involve sustained aerobic activity like cycling or an elliptical trainer; rest-day cross-training should be a nonimpact activity like stretching, yoga, or swimming.

HILLS: The seasoned and hard-core schedules call for runs on hills this week. Later in the program, these will become hill repeats, but this week, just pick a run with lots of hills, if possible.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 4 miles at half-marathon pace, then cool down 1 mile.

HALF-MARATHON

WEEK 2

| NEWBIES: 18 MILES TOTAL | SEASONED: 30 MILES TOTAL | HARD-CORE: 41 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 7 mi hills |
| WED: 3 mi easy | WED: 4 mi easy | WED: 5 mi easy |
| THU: rest day | THU: 6 mi hills | THU: 8 mi HMPW F |
| FRI: 5 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 5 mi easy | SAT: 6 mi easy |
| SUN: 6 mi | SUN: 10 mi | SUN: 10 mi LSD |

REST DAYS AND EASY DAYS: If you need to trade rest days for easy days within a week or trade a 3-mile day for a 5-mile day, that's fine. But don't move the quality days (hills, HMPW, or the Sunday long runs), or you won't get enough rest before the next one.

CROSS-TRAINING: If the weather stinks, go ahead and move indoors. Substitute sustained aerobic exercise for easy-day mileage, about the same time (or a little more) than you would spend running.

HILLS: The seasoned and hard-core schedules are on hills again this week. Just like last week, this should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run. You'll know you've found the right loop if it's too steep to run easily anyway. Remember to hold form on the downhill as well as the uphill.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 6 miles at half-marathon pace, then cool down 1 mile.

HALF-MARATHON

WEEK 3

| NEWBIES: 21 MILES TOTAL | SEASONED: 34 MILES TOTAL | HARD-CORE: 44 MILES TOTAL |
|-----------------------------------|------------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 8 mi hills |
| WED: 4 mi easy | WED: 7 mi hills | WED: 6 mi easy |
| THU: rest day | THU: 6 mi easy | THU: 7 mi HMPW |
| FRI: 6 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 6 mi easy | SAT: 6 mi easy |
| SUN: 7 mi | SUN: 10 mi | SUN: 12 mi LSD |

REST DAYS AND EASY DAYS: If you need to trade rest days for easy days within a week or trade a 3-mile day for a 5-mile day, that's fine.

HILLS: The seasoned and hard-core schedules are on hills again this week. As usual, this should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 5 miles at half-marathon pace, then cool down 1 mile.

HALF-MARATHON

WEEK 4

| NEWBIES: 20 MILES TOTAL | SEASONED: 32 MILES TOTAL | HARD-CORE: 39 MILES TOTAL |
|------------------------------------|--|--|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 4 mi easy | TUE: 6 mi easy | TUE: 6 mi easy |
| WED: 3 mi easy | WED: 6 mi easy | WED: 8 mi HMPW |
| THU: rest day | THU: 8 mi hills | THU: rest day |
| FRI: 5 mi easy | FRI: rest day | FRI: 7 mi |
| SAT: rest day | SAT: 6 mi easy | SAT: 6 easy |
| SUN: 8 mi | SUN: 5-K race— 2 mi warmup, 1 mi cooldown | SUN: 5-K race— 2 mi warmup, 2 mi cooldown |

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 6 miles at half-marathon pace, then cool down 1 mile.

HILLS: The seasoned and hard-core schedules are on hills again this week. As usual, this should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run. Next week we'll start thinking about repeats on the hills.

5-K RACE: This is optional for the seasoned and for the hard-core. Don't expect a particularly fast time; the point this week is to go out and enjoy racing.

HALF-MARATHON

WEEK 5

| NEWBIES: 24 MILES TOTAL | SEASONED: 36 MILES TOTAL | HARD-CORE: 49 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 6 mi easy | TUE: 7 mi easy | TUE: 9 mi hill repeats |
| WED: 4 mi easy | WED: 7 mi easy | WED: 7 mi easy |
| THU: rest day | THU: 8 mi hill repeats | THU: 9 mi HMPW |
| FRI: 5 mi easy | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 4 mi easy | SAT: 6 easy |
| SUN: 9 mi | SUN: 10 mi LSD | SUN: 13 mi LSD |

HILL REPEATS: For the last 4 weeks, you've headed for a really hilly loop for your hill workouts (if you're scheduled for them). You're welcome to do that again this week, but if you feel adventurous, you can try hill repeats. Find a hill that will take you at least 2 minutes to climb, and mark off a "short" repeat (about halfway from the bottom) and a "long" repeat (all the way to the top). Then do a set of short hills: three or four sprints up the short repeat, then a jog back down; a set of long hills: three or four loops of a hard run to the top, a jog back to the top of the short segment and a sprint to the bottom; then another three or four short hills. Adjust the repeats depending on the miles you need; you should be doing 2 miles of warming up and cooling down before and after the hills, so the workout involves 3 or 4 miles of work.

The downhill sprints in the long sets are nearly as important as the uphill parts. Try to run smoothly, without slapping your feet.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 7 miles at half-marathon pace, then cool down 1 mile.

LSD: Long slow distance runs are purely for the purpose of endurance. You're going to be on your feet a while to cover 13.1 miles; this is when you get used to it.

HALF-MARATHON

WEEK 6

| NEWBIES: 25 MILES TOTAL | SEASONED: 38 MILES TOTAL | HARD-CORE: 50 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 6 mi easy | TUE: 7 mi easy | TUE: rest day |
| WED: 4 mi easy | WED: 6 mi easy | WED: 10 mi, mile repeats |
| THU: rest day | THU: 8 mi, mile repeats | THU: 6 mi easy |
| FRI: 6 mi easy | FRI: rest day | FRI: 9 mi HMPW |
| SAT: rest day | SAT: 5 mi easy | SAT: 5 easy |
| SUN: 9 mi | SUN: 12 mi | SUN: 15 mi LSD |

SPEEDWORK: You don't need a track to do speedwork, but it helps. Don't get spooked by the number of miles on the "repeats" days; they include the warmup and cooldown, and those should be at least 2 miles each way for seasoned and 3 for hard-core, leaving 3 or 4 miles of actual speedwork. You can make those miles easier by starting your run 2 or 3 miles from the track.

MILE REPEATS: This classic workout is pretty simple: Run a mile at your 10-K pace, jog a lap for recovery, and repeat three or four times.

If you're not running on a track, use a car or bicycle to mark off a mile on a low-traffic road, or run by time. See if you can feel the maximum oxygen pace—it should be at that balance point where you're still comfortable, but even the slightest bit faster would be uncomfortable.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 7 miles at half-marathon pace, then cool down 1 mile.

HALF-MARATHON

WEEK 7

| NEWBIES: 25 MILES TOTAL | SEASONED: 40 MILES TOTAL | HARD-CORE: 52 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 5 mi easy | TUE: 6 mi easy | TUE: rest day |
| WED: 4 mi easy | WED: 6 mi easy | WED: 10 mi speedwork |
| THU: rest day | THU: 9 mi speedwork | THU: 7 mi easy |
| FRI: 6 mi easy | FRI: rest day | FRI: 10 mi HMPW |
| SAT: rest day | SAT: 6 mi easy | SAT: 5 easy |
| SUN: 10 mi LSD | SUN: 13 mi LSD | SUN: 15 mi LSD |

NEWBIES: Sometimes it seems like the seasoned and hard-core programs have all the fun, with speedwork, hills, and more runs per week. The beginner's program is based entirely on mileage, with the goal of simply building your endurance to the point that 13-plus miles is an easily reachable or at least attainable distance. So we concentrate more on time on your feet and less on speed. Next time around you can plan on more miles and improve either your time—or how easy your time is.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 8 miles at half-marathon pace, then cool down 1 mile.

SPEEDWORK: Do 6 Yasso 800s. It's pretty simple: Run ½ mile or 800 meters at your 10-K pace, jog a lap for recovery, and repeat 6 times.

LSD: Long slow distance runs are purely for the purpose of endurance. You're going to be on your feet a while to cover 13.1 miles; this is when you get used to it. If you can, consider starting your long runs at the same time the race starts.

HALF-MARATHON

WEEK 8

| NEWBIES: 24 MILES TOTAL | SEASONED: 38 MILES TOTAL | HARD-CORE: 50 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 6 mi easy | TUE: 6 mi easy | TUE: rest day |
| WED: 5 mi easy | WED: 7 mi easy | WED: 9 mi speedwork |
| THU: rest day | THU: 9 mi tempo | THU: 7 mi easy |
| FRI: 5 mi easy | FRI: rest day | FRI: 10 mi HMPW |
| SAT: rest day | SAT: 6 mi easy | SAT: 6 easy |
| SUN: 8 mi | SUN: 10 mi | SUN: 13 mi |

SPEEDWORK: Those on the hard-core schedule are out for some more speed on Wednesday. You've done mile repeats, and repeat 800s lets you work on a ladder: $\frac{1}{2}$, $\frac{3}{4}$, mile, $\frac{3}{4}$, $\frac{1}{2}$. Jog half the distance you just ran between each one. Remember to warm up and cool down.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 8 miles at half-marathon pace, then cool down 1 mile.

HALF-MARATHON

WEEK 9

| NEWBIES: 23 MILES TOTAL | SEASONED: 36 MILES TOTAL | HARD-CORE: 46 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 5 mi easy | TUE: 7 mi easy | TUE: 8 easy |
| WED: 5 mi easy | WED: 8 mi speedwork | WED: 10 mi speedwork |
| THU: rest day | THU: 7 mi easy | THU: rest day |
| FRI: 5 mi easy | FRI: rest day | FRI: 8 mi hills |
| SAT: rest day | SAT: 6 mi easy | SAT: 6 easy |
| SUN: 8 mi LSD | SUN: 10-K race | SUN: 10-K race |

SPEEDWORK: Do 6 Yasso 800s. It's pretty simple: Run $\frac{1}{2}$ mile or 800 meters at your 10-K pace, jog a lap for recovery, and repeat 6 times.

HILLS: And you thought you were off the hills. The hard-core program has 8 miles on hills on Friday.

HALF-MARATHON

WEEK 10

| NEWBIES: 22 MILES TOTAL | SEASONED: 31 MILES TOTAL | HARD-CORE: 43 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 4 mi easy |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 6 easy |
| WED: 3 mi easy | WED: 4 mi easy | WED: 8 mi speedwork |
| THU: rest day | THU: 8 mi HMPW | THU: 5 easy |
| FRI: 5 mi easy | FRI: rest day | FRI: 8 mi HMPW |
| SAT: rest day | SAT: 4 mi easy | SAT: rest day |
| SUN: 10 mi LSD | SUN: 10 mi LSD | SUN: 12 mi LSD |

MILEAGE: Those on the hard-core schedule in particular will notice the reduced mileage. That should give you the energy for some faster speed sessions.

SPEEDWORK: Now we're coming down to quarters. This week's workout should be 10 quarters. Jog at least half that distance between repeats to recover.

HMP: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 6 miles at half-marathon pace, then cool down 1 mile.

LSD: Long slow distance runs are purely for the purpose of endurance. You're going to be on your feet a while to cover 13.1 miles.

HALF-MARATHON

WEEK 11

| NEWBIES: 18 MILES TOTAL | SEASONED: 24 MILES TOTAL | HARD-CORE: 33 MILES TOTAL |
|-----------------------------------|------------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: rest day |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 6 easy |
| WED: 4 mi easy | WED: rest day | WED: 7 mi repeats |
| THU: rest day | THU: 7 mi repeats | THU: 5 easy |
| FRI: 5 mi easy | FRI: rest day | FRI: 7 mi HMPW |
| SAT: rest day | SAT: 5 mi easy | SAT: rest day |
| SUN: 5 mi | SUN: 7 mi LSD | SUN: 8 mi LSD |

REST DAYS: The seasoned and hard-core schedules have an extra rest day this week. Back off on the cross-training at this time.

REPEATS: 2 miles each for the warmup and cooldown, then two 1-mile repeats at 10-K pace. Jog at least half that distance between repeats to recover.

EASY DAYS: Make sure they stay easy, even though you're not working as hard on the other days. We're tapering now, and running harder on the easy days won't help. From here until race day, the idea is getting to the race well-rested.

HMPW: The hard-core schedule includes a half-marathon-pace workout. Warm up 1 mile, run 5 miles at half-marathon pace, then cool down 1 mile.

HALF-MARATHON

WEEK 12

A very easy week in preparation for the race.

| NEWBIES: 22 MILES TOTAL | SEASONED: 27 MILES TOTAL | HARD-CORE: 29 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: rest day |
| TUE: 3 mi easy | TUE: 3 mi easy | TUE: 4 mi easy |
| WED: rest day | WED: 3 mi easy | WED: 3 mi easy |
| THU: 3 mi easy | THU: 5 mi short repeats | THU: 5 mi short repeats |
| FRI: rest day | FRI: rest day | FRI: rest day |
| SAT: 2 mi easy | SAT: 2 mi easy | SAT: 2 mi easy |
| SUN: 14 (race day) | SUN: 14 (race day) | SUN: 15 (race day) |

REST DAYS AND EASY DAYS: This whole week is about taking it easy, so run very easy on your easy days. You may be antsy, but save that energy for the race.

REPEATS: 2 miles each for the warmup and cooldown, then 8 short pickups of 40 to 60 seconds at your planned race pace. This isn't going to make you any faster, but it will remind your legs what pace you're planning to run on Sunday.

5-K, 10-K

WEEK 1

| NEWBIES: 7 MILES TOTAL | SEASONED: 15 MILES TOTAL | HARD-CORE: 27 MILES TOTAL |
|-----------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 4 mi easy |
| TUE: 2 mi easy | TUE: 4 mi easy | TUE: 5 mi hills |
| WED: 2 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 4 mi hills | THU: 6 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi easy | SAT: 4 mi easy |
| SUN: 3 mi | SUN: 4 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: 2 miles each for the warmup and cooldown, then 10 short pickups of 60 seconds at your planned race pace.

REST DAYS AND EASY DAYS are mostly interchangeable. This means that those following the seasoned and hard-core programs who want to take a zero day on Saturday, rather than Friday, should simply switch those days. However, the quality days (hills and Sundays, which will become long runs) should stay where they are.

CROSS-TRAINING should involve sustained aerobic activity like cycling, swimming, or an elliptical trainer; rest-day cross-training should be a nonimpact activity like stretching or yoga.

5-K, 10-K

WEEK 2

| NEWBIES: 10 MILES TOTAL | SEASONED: 18 MILES TOTAL | HARD-CORE: 30 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 3 mi easy | TUE: 5 mi easy | TUE: 5 mi hills |
| WED: 3 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 5 mi hills | THU: 7 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi easy | SAT: 5 mi easy |
| SUN: 4 mi | SUN: 5 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: Now we're coming down to quarters. This week's workout should be 10 quarters: 10 × 400 meters with a 200-meter recovery jog. Jog at least half that distance between repeats to recover.

5-K, 10-K

WEEK 3

| NEWBIES: 12 MILES TOTAL | SEASONED: 20 MILES TOTAL | HARD-CORE: 33 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 6 mi hills |
| WED: 3 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 6 mi hills | THU: 8 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi easy | SAT: 5 mi easy |
| SUN: 5 mi | SUN: 6 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: Now we're coming down to quarters. This week's workout should be 12 quarters: 12 × 400 meters with a 200-meter recovery jog. Jog at least half that distance between repeats to recover.

5-K, 10-K

WEEK 4

| NEWBIES: 8 MILES TOTAL | SEASONED: 16 MILES TOTAL | HARD-CORE: 29 MILES TOTAL |
|----------------------------------|------------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 2 mi easy | TUE: 4 mi easy | TUE: 5 mi hills |
| WED: 3 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 4 mi hills | THU: 6 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi easy | SAT: 5 mi easy |
| SUN: 3 mi | SUN: 5 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: 2 miles each for the warmup and cooldown, then 10 short pickups of 90 seconds at your planned race pace.

5-K, 10-K

WEEK 5

| NEWBIES: 11 MILES TOTAL | SEASONED: 19 MILES TOTAL | HARD-CORE: 30 MILES TOTAL |
|-----------------------------------|------------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: 5 mi easy |
| TUE: 3 mi easy | TUE: 5 mi easy | TUE: 5 mi hills |
| WED: 3 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 5 mi hills | THU: 7 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi easy | SAT: 5 mi easy |
| SUN: 5 mi | SUN: 6 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: Now we're coming down to quarters. This week's workout should be 10 quarters: 10 × 400 meters with a 200-meter recovery jog. Jog at least half that distance between repeats to recover.

5-K, 10-K

WEEK 6

| NEWBIES: 14 MILES TOTAL | SEASONED: 22 MILES TOTAL | HARD-CORE: 35 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 5 mi easy | TUE: 5 mi easy | TUE: 7 mi hills |
| WED: 4 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 6 mi hills | THU: 8 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 4 mi easy | SAT: 6 mi easy |
| SUN: 5 mi | SUN: 7 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: Now we're coming down to quarters. This week's workout should be six 800s: 6 × 800 meters with a 400-meter recovery jog. Jog at least half that distance between repeats to recover.

5-K, 10-K

WEEK 7

| NEWBIES: 15 MILES TOTAL | SEASONED: 25 MILES TOTAL | HARD-CORE: 38 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 5 mi easy | TUE: 6 mi easy | TUE: 8 mi hills |
| WED: 4 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 7 mi hills | THU: 8 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 4 mi easy | SAT: 7 mi easy |
| SUN: 6 mi | SUN: 8 mi | SUN: 9 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: Now we're coming down to quarters. This week's workout should be 3 times 1 mile: 3 × 1 mile with an 800-meter recovery jog. Jog at least half that distance between repeats to recover.

5-K, 10-K

WEEK 8

| NEWBIES: 12 MILES TOTAL | SEASONED: 20 MILES TOTAL | HARD-CORE: 33 MILES TOTAL |
|------------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 6 mi easy |
| TUE: 4 mi easy | TUE: 5 mi easy | TUE: 6 mi hills |
| WED: 3 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 6 mi hills | THU: 8 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi easy | SAT: 5 mi easy |
| SUN: 5 mi | SUN: 6 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: Now we're coming down to quarters. This week's workout should be 12 quarters: 12 × 400 meters with a 200-meter recovery jog. Jog at least half that distance between repeats to recover.

5-K, 10-K

WEEK 9

| NEWBIES: 7 MILES TOTAL | SEASONED: 15 MILES TOTAL | HARD-CORE: 27 MILES TOTAL |
|-----------------------------------|-------------------------------------|--------------------------------------|
| MON: rest day | MON: rest day | MON: 4 mi easy |
| TUE: 2 mi easy | TUE: 4 mi easy | TUE: 5 mi hills |
| WED: 2 mi easy | WED: cross-train | WED: cross-train |
| THU: rest day | THU: 4 mi hills | THU: 6 mi speedwork |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 3 mi easy | SAT: 4 mi easy |
| SUN: 3 mi | SUN: 4 mi | SUN: 8 mi |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: 2 miles each for the warmup and cooldown, then 10 short pickups of 90 seconds at your planned race pace.

5-K, 10-K

WEEK 10

| NEWBIES: 4 MILES TOTAL | SEASONED: 8 MILES TOTAL | HARD-CORE: 14 MILES TOTAL |
|----------------------------------|-----------------------------------|-------------------------------------|
| MON: rest day | MON: rest day | MON: 4 mi easy |
| TUE: 2 mi easy | TUE: 4 mi speedwork | TUE: 5 mi speedwork |
| WED: 2 mi easy | WED: 2 mi easy | WED: rest day |
| THU: rest day | THU: rest day | THU: 3 mi easy |
| FRI: cross-train | FRI: rest day | FRI: rest day |
| SAT: rest day | SAT: 2 mi easy | SAT: 2 mi easy |
| SUN: race day | SUN: race day | SUN: race day |

HILLS: The seasoned and hard-core schedules have hills. This should be the hilliest loop you can find for the distance and shouldn't be treated as an easy run.

SPEEDWORK: 2 miles each for the warmup and cooldown, then 10 short pickups of 60 seconds at your planned race pace.
