

## **Intermediate 13.1 Training Program**

Sect   Sm - 8x2min   fast/2min slow   Sm - 8x4min   fast/2min slow   A miles   A miles   Sm - 8x4min   Sm/24/2021   Sm - 8x4min   Sm - 8x4min   Sm/24/2021   Sm - 8x4min   Sm/24/2021   Sm - 8x4min   Sm - 8x4min   Sm/24/2021   Sm - 8x4min   Sm/24/2021   Sm - 8x4min   Sm/24/2021   Sm - 8x4min   Sm/24/2021   Sm - 8x4min   Sm	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 2 5/24/2021   Rest 5/24/2021   Sm - 8x2min fast/Zmin slow   3 miles hilly cross train   3 miles cross train   3 miles cross train   5 miles cross train   20     Week 3 6/7/2021   Rest 5m - 40 min tempo run   4 miles cross train   35 minute cross train   3.5 miles cross train   6 miles cross train     Week 4 6/7/2021   Rest 6m - 45 min tempo run   4 miles demo run   4 miles demo run   35 minute cross train   4 miles demo run   4 miles demo run   35 minute cross train   4 miles demo run	Week 1	Rest	4m - 30 minute	3 miles	4 miles	30 minute	3 miles	4 miles	18
	5/17/2021		tempo run			cross train			
Week 3 (5/31/2021)   Rest (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2).5 (2	Week 2	Rest	5m - 8x2min	3 miles	4 miles	30 minute	3 miles	5 miles	20
S/31/2021   tempo run   race pace   cross train   S miles   S miles   Cross train   Cross train   S miles   Cross train   Cr	5/24/2021		fast/2min slow		hilly	cross train			
Week 4 (6/7/2021   Rest (6/7/2021)   5m - 40 min tempo run tempo run   4 miles   35 minute cross train   3.5 miles   6 miles   22.5     Week 5 (6/14/2021)   Rest (6m - 45 min tempo run tempo run   4 miles   35 minute cross train   4 miles   6 miles   24 miles   4 miles   4 miles   6 miles   24 miles   24 miles   4 miles   6 miles   24 miles   4 miles   4 miles   6 miles   24 miles   24 miles   4 miles   6 miles   24 miles   24 miles   4 miles   4 miles   6 miles   24 miles   4 miles   7 miles   26 miles   5 miles   5 miles   5 miles   5 miles   5 miles   5 miles   4 miles <td>Week 3</td> <td>Rest</td> <td>4m - 35 min</td> <td>4 miles</td> <td>4 miles</td> <td>30 minute</td> <td>3.5 miles</td> <td>5 miles</td> <td>20.5</td>	Week 3	Rest	4m - 35 min	4 miles	4 miles	30 minute	3.5 miles	5 miles	20.5
6/7/2021   tempo run   cross train   d miles   4 miles   35 minute   4 miles   6 miles   24     6/14/2021   fempo run   4 miles   4 miles   35 minute   4 miles   6 miles   24     Week 6 (6/21/2021)   6 m - 8x4 min   5 miles   4 miles   40 minute   4 miles   7 miles   26     6/22/2021   7 m - 50minute   5 miles   5 miles   40 minute   4.5 miles   8 miles   29.5     6/28/2021   7 m - 50minute   5 miles   5 miles   40 minute   4.5 miles   8 miles   29.5     6/28/2021   7 m - 50minute   5 miles   5 miles   45 minute   4.5 miles   8 miles   29.5     6/28/2021   7 m - 9x4 min   6 miles   5 miles   45 minute   4.5 miles   9 miles   29.5     7/5/2021   8 mest   7 m - 10x4 min   6 miles   5 miles   45 minute   5 miles   9 miles   32     7/19/2021   Rest   7 m - 55 minute   6 miles   5 miles   5 miles   5	5/31/2021		tempo run	race pace		cross train			
Week 5 (6/14/2021)   Rest (6/14/2021)   6m - 45 min tempo run   4 miles hilly   35 minute cross train   4 miles (5/14/2021)   4 miles (6/14/2021)   4 miles (6/14/2021)   4 miles (7) m	Week 4	Rest	5m - 40 min	4 miles	4 miles	35 minute	3.5 miles	6 miles	22.5
	6/7/2021		tempo run			cross train			
Week 6 6/21/2021   Rest 6/21/2021   6m - 8x4 min fast/2min slow race pace   5 miles race pace   4 miles cross train   4 miles cross train   7 miles   26     Meek 7 (28/2021)   Rest fempo run   5 miles   5 miles   40 minute cross train   4.5 miles   8 miles   29.5     Week 8 (28/2021)   Rest fast/2min slow   5 miles hilly cross train   45 minute cross train   4.5 miles   8 miles   29.5     Week 9 (27/2021)   Rest fast/2min slow race pace fast/1min slow race pace   5 miles fast/2min slow race pace   5 miles fast/2min slow race pace   5 miles fast/2minute cross train   5 miles fast/2minute cross train   9 miles   32     Week 10 (27/2021)   Rest fast/2min slow race pace fast/1min slow race pace   5 miles fast/2minute cross train   5 miles fast/2minute cross train   5 miles fast/2minute cross train   9 miles   32     Week 11 (27/2021)   Rest fast/2min slow race pace fast/1minute race pace fast/1minute slow race pace fast/2minute cross train   5 miles fast/2minute cross train   5 miles fast/2minute cross train   10 miles fast/2minute cross train   34.5     Week 12 (26/2021)   Rest fast/2minute fast/2minut	Week 5	Rest	6m - 45 min	4 miles	4 miles	35 minute	4 miles	6 miles	24
6/21/2021   fast/2min slow   race pace   cross train   4.5 miles   8 miles   29.5     Week 7 (6/28/2021)   Rest tempo run   5 miles   5 miles   40 minute cross train   4.5 miles   8 miles   29.5     Week 8 (7/5/2021)   Rest 7m - 9x4 min fast/2min slow   5 miles hilly   5 miles   45 minute cross train   4.5 miles   8 miles   29.5     Week 9 (7/12/2021)   Rest 7m - 10x4 min fast/1min slow   6 miles   5 miles   45 minute cross train   5 miles   9 miles   32     Week 10 (7/19/2021)   Rest 7m - 55 minute tempo run   6 miles   5 miles   50 minute cross train   5 miles   9 miles   32     Week 11 (7/26/2021)   Rest 7m - 2x 1 mile dempo run   7 miles   5 miles   55 miles   10 miles   34.5     Week 12 (8/2021)   Rest 8m - 60 minute tempo run   7 miles   6 miles   55 miles   55 miles   10 miles   36.5     8/9/2021   4x800m   7 m - 2x1 mile   7 miles   6 miles   55 miles   60 minute   6 miles   12 miles   39     8/16/2021 <td>6/14/2021</td> <td></td> <td>tempo run</td> <td></td> <td>hilly</td> <td>cross train</td> <td></td> <td></td> <td></td>	6/14/2021		tempo run		hilly	cross train			
Week 7 6/28/2021   Rest tempo run   5 miles   5 miles   40 minute cross train   4.5 miles   8 miles   29.5     Week 8 7/5/2021   Rest 7m - 9x4 min fast/2min slow   5 miles   5 miles hilly   45 minute cross train   4.5 miles   8 miles   29.5     Week 9 7/12/2021   Rest 7m - 10x4 min fast/1min slow   6 miles race pace   5 miles   45 minute cross train   5 miles   9 miles   32     Week 10 7/19/2021   Rest 7m - 55 minute tempo run   6 miles   5 miles   50 minute cross train   5 miles   9 miles   32     Week 11 7/26/2021   Rest 7m - 2x 1 mile dempo run   7 miles   5 miles sominute cross train   5.5 miles   10 miles   34.5     Meek 12 Rest 8m - 60 minute tempo run race pace   7 miles fast dempo run   6 miles fast rain   5.5 miles   10 miles   36.5     Meek 13 Rest 7m - 2x1 mile dempo run race pace   7 miles fast rain   6 miles fast rain   5 miles fast rain   5 miles fast rain   10 miles fast fast rain   36.5     Meek 13 Rest 7m - 3x1 mile dempo run race pace   7 miles fast fast fast rain   6 miles fast fast fast fast fast fast fast fas	Week 6	Rest	6m - 8x4 min	5 miles	4 miles	40 minute	4 miles	7 miles	26
6/28/2021   tempo run   cross train   4.5 miles   8 miles   29.5     Week 8 7/5/2021   Rest 7m - 9x4 min fast/2min slow   5 miles hilly   45 minute cross train   4.5 miles   8 miles   29.5     Week 9 Rest 7/12/2021   Rest 7m - 10x4 min fast/1min slow   6 miles   5 miles   45 minute cross train   5 miles   9 miles   32     Week 10 Rest 7/19/2021   7m - 55 minute tempo run   6 miles   5 miles   50 minute cross train   5 miles   9 miles   32     Week 11 Rest 7m - 2x 1 mile 7/26/2021   7 miles 4x800m   5 miles 50 minute cross train   5.5 miles   10 miles   34.5     Week 12 Rest 8m - 60 minute tempo run race pace   4x800m   6 miles   55 minute cross train   5.5 miles   10 miles   36.5     8/2/2021   8m - 4x1 mile 4x800m   7 miles   6 miles   55 minute cross train   6 miles   6 miles   11 miles   37     Week 15 Rest 8m - 4x1 mile 4/23/2021   4x800m   8 miles   6 miles   60 minute cross train   7 miles   4 miles   4 miles   37     Week 16 Rest 8/23/2021   8m - 4x1	6/21/2021		fast/2min slow	race pace		cross train			
Week 8   Rest   7m - 9x4 min fast/2min slow   5 miles   5 miles hilly   45 minute cross train   4.5 miles   8 miles   29.5     Week 9   Rest   7m - 10x4 min fast/1min slow   6 miles   5 miles   45 minute cross train   5 miles   9 miles   32     Week 10   Rest   7m - 55 minute tempo run   6 miles   5 miles   50 minute cross train   5 miles   9 miles   32     7/19/2021   Rest   7m - 2x 1 mile   7 miles   5 miles   50 minute cross train   5 miles   9 miles   32     7/19/2021   Tempo run   7 miles   5 miles   50 minute cross train   5 miles   10 miles   34.5     7/26/2021   Tempo run   7 miles   6 miles   55 minute cross train   5.5 miles   10 miles   34.5     8/2/2021   Rest   8m - 60 minute tempo run   7 miles   6 miles   55 minute cross train   6 miles   11 miles   37     8/9/2021   Rest   7m - 2x1 mile   7 miles   6 miles   55 minute cross train   6 miles   12 miles	Week 7	Rest	7m - 50minute	5 miles	5 miles	40 minute	4.5 miles	8 miles	29.5
7/5/2021   fast/2min slow   hilly   cross train     Week 9   Rest   7m - 10x4 min fast/1min slow   6 miles race pace   5 miles   45 minute cross train   9 miles   32     Week 10   Rest   7m - 55 minute tempo run   6 miles   5 miles   50 minute cross train   5 miles   9 miles   32     Week 11   Rest   7m - 2x 1 mile tempo run   7 miles   5 miles som inute cross train   5.5 miles   10 miles   34.5     Week 12   Rest   8m - 60 minute tempo run   7 miles   6 miles   55 minute cross train   5.5 miles   10 miles   36.5     8/2/2021   tempo run   7 miles   6 miles   55 minute cross train   5.5 miles   10 miles   36.5     Week 13   Rest   7m - 2x1 mile demorral   7 miles   6 miles   55 minute cross train   6 miles   11 miles   37     Week 14   Rest   7m - 3x1 mile demorral   8 miles   6 miles   6 miles   6 miles   12 miles   39     8/23/2021   4x800   4x800   7 miles	6/28/2021		tempo run			cross train			
Week 9   Rest   7m - 10x4 min fast/1min slow   6 miles race pace   5 miles   45 minute cross train   5 miles   9 miles   32     Week 10   Rest   7m - 55 minute tempo run   6 miles   5 miles   50 minute cross train   5 miles   9 miles   32     Week 11   Rest   7m - 2x 1 mile 4x800m   7 miles   5 miles 50 minute cross train   5.5 miles   10 miles   34.5     Week 12   Rest   8m - 60 minute tempo run   7 miles   6 miles   55 minute cross train   5.5 miles   10 miles   34.5     Week 12   Rest   8m - 60 minute tempo run   7 miles   6 miles   55 minute cross train   5.5 miles   10 miles   36.5     Week 13   Rest   7m - 2x1 mile tempo run   7 miles   6 miles   55 minute cross train   6 miles   11 miles   37     Week 13   Rest   7m - 3x1 mile 4x800m   8 miles   6 miles   60 minute cross train   6 miles   12 miles   39     Week 15   Rest   8m - 4x1 mile 4x800   4x800   5 miles   60 minute cross t	Week 8	Rest	7m - 9x4 min	5 miles	5 miles	45 minute	4.5 miles	8 miles	29.5
7/12/2021   fast/1min slow   race pace   cross train   50 minute   5 miles   9 miles   32     Week 10   Rest   7m - 55 minute   6 miles   5 miles   50 minute   5 miles   9 miles   32     Week 11   Rest   7m - 2x 1 mile   7 miles   5 miles   50 minute   5.5 miles   10 miles   34.5     Week 12   Rest   8m - 60 minute   7 miles   6 miles   55 minute   5.5 miles   10 miles   36.5     8/2/2021   tempo run   race pace   cross train   55 minute   6 miles   11 miles   37     Week 13   Rest   7m - 2x1 mile   7 miles   6 miles   55 minute   6 miles   11 miles   37     Week 14   Rest   7m - 3x1 mile   8 miles   6 miles   60 minute   6 miles   12 miles   39     4/2021   4x800m   8 miles   6 miles   60 minute   7 miles   14 miles   43     8/23/2021   8m - 4x1 mile   7 miles   5 miles   60 minut	7/5/2021		fast/2min slow		hilly	cross train			
Week 10 7/19/2021   Rest 7m - 55 minute tempo run   6 miles   5 miles   50 minute cross train   5 miles   9 miles   32     Week 11 7/26/2021   Rest 7m - 2x 1 mile 4x800m   7 miles   5 miles 50 minute cross train   5.5 miles   10 miles   34.5     Week 12 8/2/2021   Rest 8m - 60 minute tempo run   7 miles race pace   6 miles   55 minute cross train   5.5 miles   10 miles   36.5     Week 13 8/9/2021   Rest 7m - 2x1 mile 4x800m   7 miles   6 miles   55 minute cross train   6 miles   11 miles   37     Week 14 Rest 7m - 3x1 mile 8/16/2021   4x800m   8 miles   6 miles 60 minute cross train   6 miles   12 miles   39     Week 15 Rest 8m - 4x1 mile 8/3/3/2021   4x800   8 miles   6 miles   60 minute cross train   7 miles   14 miles   43     Week 16 Rest 8/30/2021   Rest 8m - 4x1 mile 4x800   7 miles   5 miles   60 minute cross train   5 miles   12 miles   37     Week 17 Rest 9/6/2021   Rest 6m - 2x1 mile 4x800m   7 miles   5 miles   60 minute cross train   4 miles   11 miles   33	Week 9	Rest	7m - 10x4 min	6 miles	5 miles	45 minute	5 miles	9 miles	32
7/19/2021   tempo run   cross train   50 minute   5.5 miles   10 miles   34.5     7/26/2021   Rest   7m - 2x 1 mile   7 miles   5 miles   50 minute   5.5 miles   10 miles   34.5     7/26/2021   Rest   8m - 60 minute   7 miles   6 miles   55 minute   5.5 miles   10 miles   36.5     8/2/2021   tempo run   7 miles   6 miles   55 minute   6 miles   11 miles   37     Week 13   Rest   7m - 2x1 mile   7 miles   6 miles   55 minute   6 miles   11 miles   37     8/9/2021   4x800m   8 miles   6 miles   60 minute   6 miles   12 miles   39     8/16/2021   4x800m   8 miles   6 miles   60 minute   7 miles   14 miles   43     8/23/2021   4x800   7 miles   5 miles   60 minute   5 miles   12 miles   37     Week 16   Rest   8m - 4x1 mile   7 miles   5 miles   60 minute   5 miles   12 miles	7/12/2021		fast/1min slow	race pace		cross train			
Week 11   Rest   7m - 2x 1 mile   7 miles   5 miles   50 minute cross train   5.5 miles   10 miles   34.5     7/26/2021   Rest   8m - 60 minute tempo run   7 miles   6 miles   55 minute cross train   5.5 miles   10 miles   36.5     8/2/2021   Rest   8m - 60 minute tempo run   7 miles   6 miles   55 minute cross train   6 miles   11 miles   37     Week 13   Rest   7m - 2x1 mile 4x800m   8 miles   6 miles   55 minute cross train   6 miles   11 miles   37     8/9/2021   Rest   7m - 3x1 mile 4x800m   8 miles   6 miles 60 minute cross train   6 miles   12 miles   39     8/23/2021   Rest   8m - 4x1 mile 4x800   7 miles   5 miles   60 minute cross train   7 miles   14 miles   37     8/30/2021   Rest   8m - 4x1 mile 4x800   7 miles   5 miles   60 minute cross train   5 miles   12 miles   37     8/30/2021   Rest   6m - 2x1 mile 4x800m   7 miles   5 miles   60 minute cross train	Week 10	Rest	7m - 55 minute	6 miles	5 miles	50 minute	5 miles	9 miles	32
7/26/2021   4x800m   hilly   cross train   5.5 minute   36.5     8/2/2021   Rest   8m - 60 minute   7 miles   6 miles   55 minute   5.5 miles   10 miles   36.5     8/2/2021   Rest   7m - 2x1 mile   7 miles   6 miles   55 minute   6 miles   11 miles   37     8/9/2021   4x800m   8 miles   6 miles   60 minute   6 miles   12 miles   39     8/16/2021   4x800m   8 miles   6 miles   60 minute   7 miles   14 miles   43     8/23/2021   4x800   8 miles   6 miles   60 minute   7 miles   12 miles   37     Week 16   Rest   8m - 4x1 mile   7 miles   5 miles   60 minute   5 miles   12 miles   37     8/30/2021   4x800   race pace   cross train   4 miles   11 miles   33     Week 17   Rest   6m - 2x1 mile   7 miles   5 miles   60 minute   4 miles   11 miles   33     9/6/2021	7/19/2021		tempo run			cross train			
Week 12   Rest   8m - 60 minute tempo run   7 miles race pace   6 miles   55 minute cross train   5.5 miles   10 miles   36.5     Week 13   Rest   7m - 2x1 mile 4x800m   7 miles   6 miles   55 minute cross train   6 miles   11 miles   37     Week 14   Rest 4x800m   7m - 3x1 mile 4x800m   8 miles   6 miles 60 minute cross train   6 miles   12 miles   39     Week 15   Rest 8m - 4x1 mile 4x800   8 miles   6 miles 60 minute cross train   7 miles   14 miles   43     Week 16   Rest 8m - 4x1 mile 4x800   7 miles   5 miles 60 minute cross train   5 miles   12 miles   37     Week 17   Rest 6m - 2x1 mile 4x800m   7 miles   5 miles 60 minute cross train   4 miles   11 miles   33     Week 18   Rest 30 minute   4 miles   3 easy   Rest AFM 13.1   23.1	Week 11	Rest	7m - 2x 1 mile	7 miles	5 miles	50 minute	5.5 miles	10 miles	34.5
8/2/2021   tempo run   race pace   cross train   11 miles   37     Week 13   Rest   7m - 2x1 mile   7 miles   6 miles   55 minute   6 miles   11 miles   37     8/9/2021   4x800m   8 miles   6 miles   60 minute   6 miles   12 miles   39     8/16/2021   4x800m   8 miles   6 miles   60 minute   7 miles   14 miles   43     8/23/2021   4x800   7 miles   5 miles   60 minute   5 miles   12 miles   37     Week 16   Rest   8m - 4x1 mile   7 miles   5 miles   60 minute   5 miles   12 miles   37     Week 17   Rest   6m - 2x1 mile   7 miles   5 miles   60 minute   4 miles   11 miles   33     9/6/2021   4x800m   7 miles   3 easy   Rest   AFM 13.1   23.1	7/26/2021		4x800m		hilly	cross train			
Week 13   Rest   7m - 2x1 mile   7 miles   6 miles   55 minute   6 miles   11 miles   37     8/9/2021   Rest   7m - 3x1 mile   8 miles   6 miles   60 minute   6 miles   12 miles   39     8/16/2021   Rest   8m - 4x1 mile   8 miles   6 miles   60 minute   7 miles   14 miles   43     8/23/2021   Rest   8m - 4x1 mile   7 miles   5 miles   60 minute   5 miles   12 miles   37     8/30/2021   Rest   8m - 4x1 mile   7 miles   5 miles   60 minute   5 miles   12 miles   37     8/30/2021   Rest   6m - 2x1 mile   7 miles   5 miles   60 minute   4 miles   11 miles   33     Week 17   Rest   6m - 2x1 mile   7 miles   5 miles   60 minute   4 miles   11 miles   33     Week 18   Rest   30 minute   4 miles   3 easy   Rest   AFM 13.1   23.1	Week 12	Rest	8m - 60 minute	7 miles	6 miles	55 minute	5.5 miles	10 miles	36.5
8/9/2021   4x800m   cross train   2     Week 14   Rest   7m - 3x1 mile   8 miles   6 miles   60 minute   6 miles   12 miles   39     8/16/2021   4x800m   8 miles   6 miles   60 minute   7 miles   14 miles   43     8/23/2021   4x800   7 miles   5 miles   60 minute   5 miles   12 miles   37     Week 16   Rest   8m - 4x1 mile   7 miles   5 miles   60 minute   5 miles   12 miles   37     8/30/2021   4x800   race pace   cross train   4 miles   11 miles   33     9/6/2021   4x800m   7 miles   5 miles   60 minute   4 miles   11 miles   33     Week 18   Rest   30 minute   4 miles   3 easy   Rest   AFM 13.1   23.1	8/2/2021		tempo run	race pace		cross train			
Week 14   Rest   7m - 3x1 mile 4x800m   8 miles   6 miles 60 minute cross train   6 miles   12 miles   39     Week 15   Rest 8m - 4x1 mile 4x800   8 miles   6 miles 60 minute cross train   7 miles   14 miles   43     Week 16 8/30/2021   Rest 4x800   7 miles 7 miles race pace   5 miles 60 minute cross train   5 miles 60 minute cross train   12 miles 37     Week 17 8/2021   Rest 6m - 2x1 mile 4x800m   7 miles 5 miles 60 minute cross train   4 miles 11 miles 33     9/6/2021   4x800m   4 miles 3 easy   Rest AFM 13.1   23.1	Week 13	Rest	7m - 2x1 mile	7 miles	6 miles	55 minute	6 miles	11 miles	37
8/16/2021 4x800m hilly cross train 7 miles 14 miles 43   Week 15 Rest 8m - 4x1 mile 8 miles 60 minute 7 miles 14 miles 43   8/23/2021 Rest 8m - 4x1 mile 7 miles 5 miles 60 minute 5 miles 12 miles 37   8/30/2021 Rest 6m - 2x1 mile 7 miles 5 miles 60 minute 4 miles 11 miles 33   9/6/2021 Rest 30 minute 4 miles 3 easy Rest AFM 13.1 23.1	8/9/2021		4x800m			cross train			
Week 15   Rest   8m - 4x1 mile 4x800   8 miles   60 minute cross train   7 miles   14 miles   43     Week 16   Rest 8m - 4x1 mile 4x800   7 miles 7 mile	Week 14	Rest	7m - 3x1 mile	8 miles	6 miles	60 minute	6 miles	12 miles	39
8/23/2021 4x800 cross train 12 miles 37   Week 16 Rest 8m - 4x1 mile 7 miles 5 miles 60 minute 5 miles 12 miles 37   8/30/2021 Rest 6m - 2x1 mile 7 miles 5 miles 60 minute 4 miles 11 miles 33   9/6/2021 4x800m ross train cross train AFM 13.1 23.1	8/16/2021		4x800m		hilly	cross train			
Week 16 8/30/2021   Rest 4x800   8m - 4x1 mile race pace   7 miles race pace   5 miles cross train   5 miles 60 minute cross train   12 miles 4 miles   37     Week 17 9/6/2021   Rest 4x800m   6m - 2x1 mile 4x800m   7 miles 7 miles   5 miles 5 miles cross train   4 miles cross train   11 miles AFM 13.1   33     Week 18   Rest Rest   30 minute 30 minute   4 miles 4 miles   3 easy 3 easy 4 miles   AFM 13.1   23.1	Week 15	Rest	8m - 4x1 mile	8 miles	6 miles	60 minute	7 miles	14 miles	43
8/30/2021 4x800 race pace cross train 11 miles 33   Week 17 Rest 9/6/2021 4x800m 7 miles 5 miles cross train 60 minute cross train 4 miles 33   Week 18 Rest 30 minute 4 miles 3 easy Rest AFM 13.1 23.1	8/23/2021		4x800			cross train			
Week 17   Rest   6m - 2x1 mile   7 miles   5 miles   60 minute   4 miles   11 miles   33     9/6/2021   4x800m   cross train   cross train   AFM 13.1   23.1	Week 16	Rest	8m - 4x1 mile	7 miles	5 miles	60 minute	5 miles	12 miles	37
9/6/2021   4x800m   cross train     Week 18   Rest   30 minute   4 miles   3 easy   Rest   AFM 13.1   23.1	8/30/2021		4x800	race pace		cross train			
Week 18   Rest   30 minute   4 miles   3 easy   Rest   AFM 13.1   23.1	Week 17	Rest	6m - 2x1 mile	7 miles	5 miles	60 minute	4 miles	11 miles	33
	9/6/2021		4x800m			cross train			
9/13/2021 tempo miles Race Day	Week 18	Rest	30 minute	4 miles	3 easy	Rest	AFM 13.1		23.1
	9/13/2021		tempo		miles		Race Day		



 $<sup>\</sup>hbox{*Cross training can be or a combination of bicycling, elliptical, strength training, swimming etc.}$ 

<sup>\*</sup>Warm up and cool down in addition in addition to the workout. ~ .5 - 1 mile.

<sup>\*</sup>Tempo runs start at an easy pace and gradually increase in speed about 10-15 seconds per mile.