

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: 10:35/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 70	12 No run	13 60	14 No run	15 60	16 No run	1
17 No run	18 70	19 No run	20 70	21 60	22 60	23 70	2
24 No run	25 85	26 No run	27 60	28 60	29 85	30 115	3
7/1/2019 No run	2 95	3 No run	4 70	5 70	6 70	7 120	4
8 70	9 110	10 45	11 100	12 90	13 140	14 115	5
15 100	16 100	17 50	18 100	19 90	20 120	21 105	6

22 120	23 120	24 50	25 100	26 100	27 120	28 100	7
29 110	30 120	31 50	8/1/2019 125	2 110	3 110	4 100	8
5 135	6 165	7 50	8 125	9 100	10 145	11 95	9
12 110	13 120	14 50	15 125	16 100	17 145	18 Falmouth Road Race	10
19 110	20 175	21 50	22 135	23 100	24 145	25 135	11
26 135	27 120	28 50	29 135	30 110	31 120	9/1 130	12
2 110	3 175	4 50	5 135	6 100	7 145	8 135	13
9 135	10 120	11 50	12 145	13 110	14 120	15 130	14
16 110	17 175	18 50	19 145	20 100	21 145	22 135	15
23 135	24 120	25 50	26 145	27 110	28 100	29 130	16
30 85	10/1/2019 70	2 No run	3 80	4 100	5 60	6 RACE DAY	17