

*4/1 ×5 = 5 minute walk warmup, 4 minutes running, 1 minute walk, 5 times

**TR = tempo run

***RP = race pace

Weights/pilates = either class/video or basic movements in the gym for 30-45 minutes

| Week # | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|--------|----------------|---------|---------------------|-------------------------|------|------------------------------|------------------------|
| 1 | Weights | 4/1 ×5* | Pilates or cycle | 4/1 ×4 HIIT | Rest | 5/1 ×4 | Roll/stretch h/rest |
| 2 | Weights | 5/1 ×5 | Pilates or cycle | 5/1 ×4 HIIT | Rest | 6/1 ×4 | Roll/stretch h/rest |
| 3 | Weights | 6/1 ×4 | Pilates or cycle | 6/1 ×3 HIIT | Rest | 7/1 ×3 | Roll/stretch h/rest |
| 4 | Weights | 7/1 ×4 | Pilates or cycle | 7/1 ×3 HIIT | Rest | 8/1 ×3 | Roll/stretch h/rest |
| 5 | Weights | 8/1 ×4 | Pilates or cycle | 8/1 ×3 HIIT | Rest | 9/1 ×3 | Roll/stretch h/rest |
| 6 | Weights | 9/1 ×4 | Pilates or cycle | 20 min HIIT | Rest | 5k | Roll/stretch h/rest |
| 7 | 3 ez + weights | 3 ez | 2 mi TR** + pilates | 6×200m RP*** + 400m rec | Rest | 4 mi (walk breaks if needed) | Roll/stretch h/rest |
| 8 | 3 ez + weights | 3 ez | 2 mi TR + pilates | 5×400m RP + 400m rec | Rest | 5 mi (walk breaks if needed) | Roll/stretch h/rest |
| 9 | 3 ez + weights | 3 ez | 2.5 mi TR + pilates | 4×600m RP + 400m rec | Rest | 6 mi (walk breaks if needed) | Roll/stretch h/rest |
| 10 | 4 ez + weights | 3 ez | 3 mi TR + pilates | 3×800m RP + 400m rec | Rest | 5 mi (walk breaks if needed) | Roll/stretch h/rest |
| 11 | 4 ez + weights | 4 ez | 3 mi TR + pilates | 4×800m RP + 400m rec | Rest | 7 mi (walk breaks if needed) | Roll/stretch h/rest |
| 12 | 4 ez + weights | 4 ez | 3.5 mi TR + pilates | 5×800m RP + 400m rec | Rest | 10k | Roll/stretch h/rest |