

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Am - Run 40 min aerobic	Rest	run 30 min. aerobic, Strength Training	Brick: run 20 min aerobic - 45 min. aerobic bike then run 20 min aerobic	1 hr aerobic bike / 90-100rpm's, 3 min tempo	Strength training	bike 1 hrs aerobic / 80-90 rpms
<b>Week 2</b>	Am - Run 45 min aerobic	Rest	run 30 min aerobic, 4 x 30 sec striders @ 30 sec rest, strength training	Brick: 20 min aerobic run then - 1hr aerobic bike then run 30 min aerobic	1:00 hr aerobic bike / 90-100rpm's, 5 x 1 min tempo @ 1 min rest	Run 30 min aerobic, strength training	bike 1:15 hr aerobic 80-90 rpms
<b>Week 3</b>	Am - run 45 min aerobic	Rest	run 35 min aerobic / 5 x 30 sec striders @ 30 sec rest	Bike 1:00 hr aerobic (100-110rpms) with 5 min. tempo, strength training	brick: run 20 min aerobic - then 1 hr aerobic bike then run 30 min aerobic	Rest	bike 1:30 hr aerobic, 90-100rpms
<b>Week 4</b>	Am - run 55 min aerobic	Rest	run 40 min aerobic / 6 x 30 sec striders @ 30 sec rest, strength training	Brick: run 20 min aerobic, then - 1 hr aerobic bike, then run 30 min aerobic	bike 1:20 hr aerobic with 10 min tempo	Run 40 min aerobic / 4 min. tempo (10k pace), strength training	bike 1:30 hr aerobic, 90-100rpms then run 20 min aerobic
<b>Week 5</b>	Am - Run 50 min aerobic	Rest	run 40 min. aerobic, 8 x 30 sec. striders @ 30 sr Strength Training	Brick: run 20 min aerobic, then - 1 hr aerobic bike then run 30 min aerobic	1 hr aerobic bike / 10 min tempo	Rest day / off	bike 1.5 hrs aerobic / 80-90 rpms, 10 min tempo, then run 20 min aerobic
<b>Week 6</b>	Am - Run 60 min aerobic	Rest	run 45 min aerobic, 10 x 30 sec striders @ 30 sec rest	Strength Training	1:30 hr aerobic bike / 90-100rpm's, 10 x 1 min tempo @ 1 min rest	Run 45 min aerobic / 5 min tempo (10k pace), strength training	bike 2 hr aerobic / 80-90 rpms
<b>Week 7</b>	Am - run 60 min aerobic	Rest	track workout: w/ up 1 mile, 3x200 striders@ 200 jog, 5 x 400 tempo (5k pace) @ 200 jog	Run 30 min aerobic, then - Bike 1 hr aerobic (100-110rpms), then run 30 min aerobic, strength training	bike 1h aerobic / 10 min tempo	Rest day	bike 1.5 hr aerobic (12 min tempo), then run 30 min aerobic
<b>Week 8</b>	Am - run 60 min aerobic	Rest	Track workout: w/ up 1 mile, 4 x 200 striders @ 200 jog recovery, 3 x 800 tempo (5k pace) @ 200 jog	Brick: 30 min aerobic run, then - 1 hr aerobic bike (90-100rpms), then run 30 min aerobic,	bike 1:15 hr aerobic with 10 min tempo	Easy 40 min jog or rest, strength training	bike 2 hr aerobic
<b>Week 9</b>	Am - Run 60 min aerobic / 8 min tempo at 10k pace	Rest	track: w/ up 1 mile, 4 x 200 striders @ 200 jog, 2 x 1 mile tempo (10k pace) @ 2 min rest, Strength Training	Brick: 20 min aerobic run - then 1 hr aerobic bike then run 20 min aerobic	1:15 hr aerobic bike / 10 min tempo	Run 45 min aerobic / 5 min tempo (10k pace)	bike 1.5 hrs aerobic / 80-90 rpms, 15 min tempo, then run 30 min aerobic
<b>Week 10</b>	Am - Run 60 min aerobic / 10 min tempo @ 10k pace	Rest	track: w/ up 1 mile, 4x200 striders @ 200 jog, 2 x 1 mile tempo/10k pace @ 1 min rest, 2x400 tempo/5k pace @ 200 jog	Bike 1 hr aerobic then run 30 min aerobic	1:15 hr aerobic bike / 90-100rpm's, 10 x 1 min tempo @ 1 min rest	Run 50 min aerobic / 8 min tempo (5k pace), strength training	bike 1.5 hr aerobic / 80-90 rpms (15 min tempo), then run 30 min aerobic
<b>Week 11</b>	Am - run 50 min aerobic	Rest	run 40 min aerobic / insert 6 x 1 min tempo (5k pace) @ 1 min rest	Rest Day	bike 1hr aerobic / 10 min Tempo (race pace)	40 min aerobic run / 5 min tempo (5k pace)	bike 1 hr aerobic (5 min tempo), then run 20 min aerobic
<b>Week 12</b>	Am - run 40 min aerobic / 5 min tempo (race pace)	Rest	run 30 min aerobic with 4 x 30 sec striders @ 30 sec rest, light strength training	Brick: (easy) 20 min run then - 30 min aerobic bike then run 20 min aerobic	30 min. aerobic bike with 3 min tempo/race pace	REST	Am - 10 min easy bike, 10 min easy run, stretch and stay loose!
<b>Race!</b>	SUNDAY RACE!!! Good Luck!						

