Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Long Run 6 miles Z1-2	Rest	Run 5 miles Z1-2	X-Train	Run 6 miles Z1-2	Rest	Run 5 miles Z1-2
2	Long Run 7 miles Z1-2	Rest	Run 5 miles + Hill Sprints (3x6 sec on 5-8% grade)	X-Train	Run 6 miles Z1-2	Rest	Run 6 miles Z1-2 + Hill Sprints (3x6 sec on 5-8% grade)
3	Long Run 8 miles Z1-2, last mile Z3	Rest	Run 5 miles + Hill Sprints (4x6 sec on 5-8% grade)	Run 4 miles Z1-2	Run 5 miles Z1-2 + Hill Sprints (4x6 sec on 5-8% grade)	Rest	Run 6 miles Z1-2, last 10 min Z3
4	Long Run 9 miles Z1-2, last 2 miles Z3	Rest	Run 6 miles, last mile Z3	Run 4 miles Z1-2	Run 7 miles Z1-2, last 10 min Z3	Rest	Run 6 miles Z1-2 + Hill Sprints (6x6 sec on 5-8% grade)
5	Long Run 8 miles Z1-2, last 2 miles Z3	Rest	Fartlek Run 6 miles, 8 x 20s @ 3K-5K pace, rest interval 5 min	Run 5 miles Z1-2	Run 8 miles Z1-2, last 3 miles Z3	Rest	Run 7 miles Z1-2
6	Long Run 9 miles Z1-2, last 2 miles Z3	Rest	Fartlek Run 7 miles, 8 x 30s @ 3K-5K pace, rest interval 1 min	Run 5 miles Z1-2	Run 2 miles Z1-2, 10 min @ half-marathon pace, recovery jog 5 min, 10 min @ 10K pace, 2 miles Z1-2	Rest	Run 7 miles Z1-2
7	Long Run 10 miles Z1-2, last 3 miles Z3	Rest	Fartlek Run 8 miles, 10 x 30s @ 3K-5K pace, rest interval 1 min	Run 6 miles Z1-2	Run 2 miles Z1-2, 2 x 15 min @ half-marathon pace -10s, recovery jog 5 min, 2 miles Z1-2	Rest	Run 8 miles Z1-2
8	Long Run 11 miles Z1-2, last 3 miles Z3	Rest	Fartlek Run 8 miles, 8 x 50s @ 3K-5K pace, rest interval 2 min	Run 6 miles Z1-2	Run 2 miles Z1-2, 2 x 15 min @ half-marathon pace -5-7s, recovery jog 3 min, 2 miles Z1-2	Rest	Run 8 miles Z1-2
9	Long Run 10 miles Z1-2, last 2 miles Z3	Rest	Run 7 miles Z1-2, 4 x 100m strides, rest interval 2 min	Run 6 miles Z1-2	Run 7 miles Z1-2 + Hill Sprints (6x8 sec on 5-8% grade)	Rest	Run 7 miles Z1-2
10	Long Run 12 miles Z1-2, last 3 miles Z3	Rest	Run 2 miles Z1-2, 3-2-1-2-3 min (3 min @ 5K pace, 2 min @ 3K pace, 1 min @ 1.5K pace), recovery run 3,2,1 min respectively, 2 miles Z1-2	Run 7 miles Z1-2	Run 6 miles Z1-2 + Hill Sprints (8x8 sec on 5-8% grade)	Rest	Run 2 miles Z1-2, Time Trial 5K, 2 miles Z1-2
11	Long Run 10 miles Z1-2	Rest	Run 2 miles Z1-2, up-hill intervals 8x1 min @ 5K effort, recovery jog, 2 miles Z1-2	Run 6 miles Z1-2	Run 2 miles Z1-2, 6 miles @ half-marathon pace, 2 miles Z1-2	Rest	Run 8 miles Z1-2
12	Long Run 12 miles Z1-2, last mile Z3	Rest	Run 2 miles Z1-2, 8 x 3 min @ 10K pace, recovery run 2 min, 2 miles Z1-2	Run 5 miles Z1-2	Run 2 miles Z1-2, 2x 4 miles @ half-marathon pace, rest interval 10 min, run, 1 mile Z1-2	Rest	Run 8 miles Z1-2
13	Long Run 4 miles Z1-2, 4 miles: 2 min @ half-marathon pace -7 s, recovery 2 min, last 4 miles Z3	Rest	Run 2 miles Z1-2, 5 x 1.5K @ 5K pace, recovery run 3 min, 2 miles Z1-2	Run 5 miles Z1-2	Run 2 miles Z1-2, 2 x 3 miles @ half-marathon pace -7s, recovery run 1 min, 1 mile Z1-2	Rest	Run 8 miles Z1-2
14	Long Run 14 miles Z1-2	Rest	Run 2 miles Z1-2, 5 x 1K @ 5K pace, rest interval 2 min, 2 miles Z1-2	Run 5 miles Z1-2	Run 2 miles easy, 2 x 4 miles @ half-marathon pace, recovery run 5 min, 1 mile Z1-2	Rest	Run 5 miles Z1-2
15	Long Run 12 miles Z1-2, last 4 miles Z3	Rest	Run 2 miles Z1-2, 5 x 2K @ 5K pace, rest interval 4 min, 2 miles Z1-2	Run 4 miles Z1-2	Run 2 miles Z1-2, 2x 2 miles @ half-marathon pace -7s, 1 mile Z1-2	Rest	Run 4 miles Z1-2
16	Long Run 10 miles Z1-2, last 2 miles Z3	Rest	Run 2 miles Z1-2, 3 miles @ half-marathon pace, 2 miles Z1-2	Run 3 miles Z1-2	Run 2 miles Z1-2, 3x2 min @ half-marathon pace, 2 miles Z1-2	Rest	**Saturday** - Run 4 miles Z1-2, 3 x 100 m sprints scattered **Sunday: Race Half-Marathon**

Z1-Z5   Zones Z1-Z5 from the Individual Running Diagnostic results