

Week #1

T 10x200 hills (jog down recovery), 4 x 200/100 jog/200/200 jog
T 6 x mile (90)
S 1h45 long run

Week #2

T 10x200/100 jog
T 4 mile/1 mile/2 mile/1 mile (90)
S 1h45 long run

Week #3

T 6x200/4x300 hills (jog down recovery), 7x300/100 jog
T 4 mile/3 mile/1 mile (90)
S 1h45 long run

Week #4

T 10x300/100 jog, (5), 2 x 600/400/200 (2 between reps, 5 between sets)
T 1mile/ 3 mile/1 mile/3 mile/1 mile (90)
S 1h50 long run

Week #5

T 12x200/100 jog, (5), 5x400 (2)
T 4 x mile / 4x1200 (90 between reps, 5 between sets)
S 2hr long run

Week #6

T 10x300/100 jog, (5), 8x200 (90)
F 4miles, (8), 10x400 (90)
S 2hr long run

Week #7

T 3 x 400/100 jog/300/100 jog/200 8x300 (90)
F easy run
S easy run

Week #8

T 4x150/8x200 (90)
F 10x300/100 jog, (5), 10x150 (90)
S 1h50 long run

Week #9

T 4 x mile (90), (8), 3 x 800/2x400 (2, 1, 4)
F 10x200/100 jog, (8), 600/4x200/600 (4, 90, 4)
S 2h long run

Week #10

T 2 x 1k/800/600/400 (4)
F 1 mile/2 mile/800/400/2k/800/1 mile/1 mile/1200 (90)
S 1h50 long run

Week #11

T 2x2mile (90), (10) /800/2x400/600/300 (4)
S UW Invitational
S 2hr long run

Week #12

T 800/8x400 (2)
F 8 x mile (90)
S 1h30 long run

Week #13

T 3x400 (2), (4), 800, (4), 3x200 (1)
F USA Indoors
S USA Indoors
S 1h45 long run

Week #14

T 4 mile (5) /3 x mile (90)
F 2 x 1200/800/400 (4)
S 1h30 long run

Week #15

T 3x400 (2), (4), 800, (4), 3x200 (1)
F BU Last Chance
S 2hr long run

Week #16

T 5mile, (8), 10x200/100 jog
F 1 mile/2 mile/1 mile/2 mile/1 mile/2 mile/1 mile (90)
S 2hr long run

Week #17

T 7x300/100 jog, (8), 500/400/300/200 (3)
T 3 mile (8)/4 x mile (3)
S 2hr long run

Week #18

T 5x400/100 jog, 5x300/100 jog, 5x200/100jog (5)
F 2x4 miles (4)
S 2hr long run

Week #20

T 10 x 200/100 jog/200/200 jog
F 3 mile/1 mile/ 3mile/ 1mile (3)
S 2hr long run

Week #21

T 2x200, 2x400, 200 hills + track
F 2x4mile (4)
S 2hr long run

Week #22

T 4 x 4/3/2, 1st & 3rd 100 jog, 2nd & 4th (3)
F 1mile, 4miles, 1mile (3)
S 2hr long run

Week #23

T 4x200/100 jog, (5), 600, (4), 4x200 (2)
F mile, 1200, 800, 400, mile (4)
S 2hr long run

Week #24

T 3 x 5x300/100 jog (4)
F 2x4 miles (4)
S 2hr long run

Week #25

T 4x200/100 jog, (5), 2x300 (4), 4x150 (2), 2x300 (4)
F 3 x (3x400 (1), (3) / 1200) (4)
S 2hr long run

Week #26

T 10 x 200/100 jog/200/200 jog
F 4x2 miles (3)
S 2hr long run

Week #27

T 4x200/100 jog, (4), 2x400 (1), (5), 2x300 (1), (5)
4x200/100 jog
F 7x800m (2)
S 2hr long run

Week #28

T easy run
F easy run
S 1h45 hard long run

Week #29

T 6x150
F 1mile/1mile/2mile/1mile/1mile/2mile (90)
S 1h50 long run

Week #30

T 8x200/100 jog, (8), 2 x 600 (4) /3x200 (2), (6)
F 3 x 800/2x400 (2), (3)
S 2h long run

Week #31

T 5 x mile (90), (8), 600/500/400/300/200 (3)
F 4x200/100 jog, 200/300/150/300/200 (3)
S 1h50 long run

Week #32

T 1 mile / 2 mile / 1 mile (90), (8), 3x(1k, 100 jog, 200)
(3)
F 8x200 (100 jog) 7x200 (2)
S 1h50 long run

Week #33

T 12x400m (90)
F 3x400 (1), (4), 1k, (5), 2x200 (2)
S easy run

Week #34

T BTC Meet I
F 4 x mile (90), (5), 4x800 (2)
S 1h30 long run

Week #35

T 3x400 (1), (4), 1k, (5), 3x200 (2)
F BTC Meet II
S easy run

Week #36

T 4x200/100 jog 3x(400/300/200) (2), (5)
F 5 x mile (90), 4x150
S easy run

Week #37

T BTC Meet III
F 4mile, (8), 10x300/100 jog
S 1h35 long run

Week #38

T 3x400m (1), (4), 1200m, (5), 4x200m (1)
F BTC Meet IV
S 1h25 long run

Week #39

T 3x400m (1), (3), 4x300/100 jog, (5) 4x200m (1)
F BTC Meet V