

	Monday, February 27, 2023	Tuesday, February 28, 2023	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023	Saturday, March 4, 2023	Sunday, March 5, 2023
1	Rest Day	Speed	Cross Train / Strength	Tempo	Rest Day	Aerobic Endurance	Active Recovery
		3 Miles		4 Miles		6 Miles	0:30:00
	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023	Saturday, March 11, 2023	Sunday, March 12, 2023
2	Rest Day	Hills	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		3 Miles	1:00:00	4 Miles		7 Miles	1-2 Miles
						<i>Soft surface or trail</i>	
	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023	Saturday, March 18, 2023	Sunday, March 19, 2023
3	Rest Day	Speed	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		3 Miles	1:00:00	4 Miles		8 Miles	2 Miles
						<i>Soft surface or trail</i>	
	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023	Saturday, March 25, 2023	Sunday, March 26, 2023
Recover	Rest Day	Easy - Fast Finish	Cross Train	Base Run	Rest Day	Aerobic Endurance	Active Recovery
		3 Miles	1:00:00	4 Miles		5 Miles	45:00
				<i>Soft surface</i>		<i>Soft surface or trail</i>	
	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023	Saturday, April 1, 2023	Sunday, April 2, 2023
4	Rest Day	Hills	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		4 Miles	1:00:00	5 Miles		9 Miles	2 Miles
						<i>Soft surface or trail</i>	
	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023	Saturday, April 8, 2023	Sunday, April 9, 2023
5	Rest Day	Speed	Cross Train	Tempo	Rest Day	Endurance Pace	Recovery Run
		5 Miles	1:00:00	5 Miles		10 Miles	2 Miles
						<i>Race Simulation!</i>	
	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023	Saturday, April 15, 2023	Sunday, April 16, 2023
Taper	Rest Day	Hills	Cross Train	Long intervals	Rest Day	Endurance Pace	Active Recovery
		4 Miles	1:00:00	5 Miles		8 Miles	45:00
				<i>Cruise Intervals, flat</i>		<i>Soft surface or trail</i>	
	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023	Saturday, April 22, 2023	
Taper	Rest Day	Easy - Fast Finish	Active Recovery	Easy Run	Rest Day	RACE DAY!	
		3 Miles	30:00	3 Miles		13.1	
		<i>last 2 mins hard!</i>				<i>Execute your training!</i>	