

1	6/28 7/4	Rest / XT	Easy Run Dist: 6 mi @10:53	Rest / XT	Tempo Run Dist: 5 mi, inc Warm; 3 mi @ 9:17; Cool	Easy Run Dist: 5 mi @10:53	Rest / XT	Long Run Dist: 10 mi @10:53	26 miles
2	7/5 7/12	Rest / XT	Easy Run Dist: 6 mi @10:53	Rest / XT	Speedwork Dist: 5 mi, inc Warm; 2x1600 in 8:46 w/800 jogs; Cool	Easy Run Dist: 5 mi @10:53	Rest / XT	Long Run Dist: 12 mi @10:53	28 miles
3	7/13 7/18	Rest / XT	Easy Run Dist: 5 mi @10:53	Rest / XT	Tempo Run Dist: 5 mi, inc Warm; 3 mi @ 9:17; Cool	Easy Run Dist: 5 mi @10:53	Rest / XT	Long Run Dist: 14 mi @10:53	29 miles
4	7/19 7/25	Rest / XT	Easy Run Dist: 6 mi @10:53	Rest / XT	Easy Run Dist: 6 mi @10:53	Easy Run Dist: 6 mi @10:53	Rest / XT	Easy Run Dist: 6 mi @10:53	24 miles
5	7/26 8/1	Rest / XT	Easy Run Dist: 5 mi @10:47	Rest / XT	Tempo Run Dist: 6 mi, inc Warm; 4 mi @ 9:17; Cool	Easy Run Dist: 4 mi @10:47	Rest / XT	Long Run Dist: 16 mi @10:47	31 miles
6	8/2 8/8	Rest / XT	Easy Run Dist: 4 mi @10:47	Rest / XT	Speedwork Dist: 7 mi, inc Warm; 3x1600 in 8:41 w/800 jogs; Cool	Easy Run Dist: 3 mi @10:47	Rest / XT	Long Run Dist: 18 mi @10:47	32 miles
7	8/9 8/15	Rest / XT	Easy Run Dist: 4 mi @10:47	Rest / XT	Tempo Run Dist: 6 mi, inc Warm; 4 mi @ 9:17; Cool	Easy Run Dist: 4 mi @10:47	Rest / XT	Long Run Dist: 20 mi @10:47	34 miles
8	8/16 8/22	Rest / XT	Easy Run Dist: 7 mi @10:47	Rest / XT	Easy Run Dist: 7 mi @10:47	Easy Run Dist: 6 mi @10:47	Rest / XT	Easy Run Dist: 7 mi @10:47	27 miles
9	8/23 8/29	Rest / XT	Easy Run Dist: 6 mi @10:40	Rest / XT	Tempo Run Dist: 7 mi, inc Warm; 5 mi @ 9:16; Cool	Easy Run Dist: 6 mi @10:40	Rest / XT	Long Run Dist: 16 mi @10:40	35 miles
10	8/30 9/5	Rest / XT	Easy Run Dist: 5 mi @10:40	Rest / XT	Speedwork Dist: 8 mi, inc Warm; 4x1600 in 8:35 w/800 jogs; Cool	Easy Run Dist: 4 mi @10:40	Rest / XT	Long Run Dist: 20 mi @10:40	37 miles

11	9/6 9/12	Rest / XT	Easy Run Dist: 8 mi @10:40	Rest / XT	Tempo Run Dist: 7 mi, inc Warm; 5 mi @ 9:16; Cool	Easy Run Dist: 7 mi @10:40	Rest / XT	Long Run Dist: 16 mi @10:40	38 miles
12	9/13 9/19	Rest / XT	Easy Run Dist: 8 mi @10:40	Rest / XT	Easy Run Dist: 7 mi @10:40	Easy Run Dist: 7 mi @10:40	Rest / XT	Easy Run Dist: 8 mi @10:40	30 miles
13	9/20 9/26	Rest / XT	Easy Run Dist: 7 mi @10:34	Rest / XT	Tempo Run Dist: 6 mi, inc Warm; 3 mi @ 9:00; Cool	Easy Run Dist: 7 mi @10:34	Rest / XT	Long Run Dist: 20 mi @10:34	40 miles
14	9/27 10/3	Rest / XT	Easy Run Dist: 6 mi @10:34	Rest / XT	Speedwork Dist: 8 mi, inc Warm; 4x1600 in 8:30 w/800 jogs; Cool	Easy Run Dist: 5 mi @10:34	Rest / XT	Long Run Dist: 12 mi @10:34	31 miles
15	10/4 10/10	Rest / XT	Easy Run Dist: 4 mi @10:34	Rest / XT	Tempo Run Dist: 5 mi, inc Warm; 3 mi @ 9:00; Cool	Easy Run Dist: 4 mi @10:34	Rest / XT	Long Run Dist: 8 mi @10:34	21 miles
16	10/11 10/17	Rest / XT	Easy Run Dist: 3 mi @10:53	Rest / XT	Tempo Run Dist: 5 mi, inc Warm; 3 mi @ 9:17; Cool	Rest / XT	Marathon Race Day 26.2 miles @9:49 Time: 4:17:27	37 miles	