

<b>WK</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	Rest	1.5	Rest	0.75	CT	2	1
2	Rest	1.5	3x400	0.75		2	1
3	Rest	1.75	CT	1	Rest	2.5	1.5
4	Rest	1.75	4x400	1	CT	2.5	2
5	Rest	2	CT	1.5	Rest	3	2
6	Rest	2	2x800	1	rest	2 race	rest
7	Rest	2.25	CT	1.5	CT	2.5	2
8	Rest	2.5	4x800	1.5	CT	3	2
9	Rest	3	CT	1.75	Rest	3.25	2
10	Rest	3	6x400	2	Rest	3.5	2.5
11	Rest	2	CT	2	CT	4	2
12	Rest	2.5	3x400 3x800	2.5	Rest	3	2
13	Rest	2	CT	1.5	CT	2	Rest
14	Rest	1.5	Rest	Easy 2	Rest	5k Race	Rest

Sunday recovery runs medium pace and maybe yoga after/lots of stretching

Wednesdays - 400's and 800's done at fast as you can pace

CT = cross train with light weights/high reps - arms/chest/back

Ab exercises Tuesday and Friday

Stretch every day for at least 10 minutes