

Boston Marathon - January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	16 Weeks Out
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	15 Weeks Out
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	14 Weeks out
Off	Workout <b>6 Miles</b> 12 x 400 (6 @ 10k, 6 @ 5k, 2 @ 3k)	<b>6 Miles</b>	<b>4 Miles</b>	<b>6 Miles</b>	Off	Easy Long Run <b>12 Miles</b>	34-36 Miles
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	13 Weeks out
Off	Workout <b>6 Miles</b> 8 x 200 @ 3k 4 x 400 @ 5k 2 x 800 @ 10k	<b>6 Miles</b>	<b>4 Miles</b>	<b>8 Miles</b>	Off	Easy Long Run <b>14 Miles</b>	38-40 Miles