

Boston Marathon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	12 Weeks Out
Off	Workout 6 Miles 1600 @ 10k 5 x 400 @ 5k 6 x 200 @ 3k	7 Miles	5 Miles	8 Miles	Off	Easy Long Run 14 Miles	40-44 Miles
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	11 Weeks Out
Off	Workout 6 Miles 3 x 1000 @ 10mi 3 x 400 @ 10k 3 x 200 @ 5k	7 Miles	5 Miles	9 Miles	Off	Easy Long Run 16 Miles	42-44 Miles
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	10 Weeks out
Off Stew's Chase 15k Lynn, MA 10AM	Workout 6 Miles 1 x 1000 @ 1/2 mar 2 x 800 @ 10k 2 x 800 @ 5k 1 x 600 @ 3k	5 Miles	6 Miles	9 Miles	Off	Easy Long Run 18 Miles (2 @ marathon pace)	44-46 Miles
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	9 Weeks out
Off	Workout 6 Miles 4 x 800 @ 10k (3rd lap @ 5k) 4 x 400 @ 5k	5 Miles	7 Miles	8 Miles	Off	Easy Long Run 12 Miles Maratha's Vineyard 20 Miler Vineyard Haven, MA 11AM	38-40 Miles