

Saturday: 6 miles easy

Sunday: off

Monday: 8 miles

Tuesday:

2 mile warm up

- 6 x 3 minutes hard with 3 minute recovery jog
- OR 6 x 1000 with 3 minute rest

2 mile warm down

Wednesday: 6 miles easy

Thursday:

2 mile warm up

- 12 x 400m with 90 second break
- OR 12 x 90 seconds hard with 2 minute recovery jog

2 mile warm down

Friday: 8 miles

Saturday: 6 miles with a fast mile in the middle somewhere

Sunday: off