Some notes about schedule:
***SS workout (long, short or fitness) usually consists of about 5 miles total including warmup/cool down
***2 hours after a hard run is the best time to stretch, holding stretch for at least 30 seconds
***make sure you stay hydrated- first sign of dehydration is thirst and fatigue--at least 75-100 ounces of water/ day
***experiment with gels/ goos/ electrolyte supplementation on long runs
***steady pace is faster than easy run but slower than tempo and comfortable and strong
***tempo runs are usually between 20-40 seconds faster than easy/ steady pace
***if you can't do your longest run the weekend March 23 you can do it the following weekend of March 30

January 6- January 12

    Tues: 0-4 miles easy
    Wed: SS long, short or fitness workout
    Thurs: easy 6 miles
    Fri: fartlek/ tempo run 6 miles / run 3easy miles, run 8 x 1 min pick ups with 1 min rest jog, easy 1 mile cool down
    Sat: day off
    Sun: long run 9 -11 miles
    Mon: stretch/ light cross training

    Total: 28-32 miles

January 13- January 19

    Tues: easy 3-5 miles
    Wed: SS workout
    Thurs: easy 5 miles
    Fri: easy 4 miles
    Sat: day off
    Sun: long run with tempo/ 12 miles, first 6 miles at easy pace, next 4 miles at a pace 20 seconds faster per mile, last 2 miles easy
    Mon: day off

    Total: 29-31 miles

January 20- January 26

    Tues: easy 4 miles
    Wed: SS workout
    Thurs: stretch/ cross train
    Fri: 5 miles/ warmup 2 miles easy, run 4 x 2min pickups with 2 min rest between each pickup, cool down 1 mile
    Sat: 3-5 miles
    Sun: long run 10 miles
    Mon: day off

    Total: 29 miles

January 27-February 2

    Tues:easy 3-4 miles
    Wed: SS workout
    Thurs: 6 miles easy
    Fri: easy 5 miles
    Sat: day off

Sun: long run 14 miles
Mon: 0-4 miles

Total: 34-38 miles

February 3- February 9

Tues: 4-5 miles easy
Wed: SS workout
Thurs: day off/ stretch/ cross train
Fri: easy 5 miles
Sat: easy 5 miles
Sun: long run 12 miles with last 4 miles being the fastest
Mon: day off

Total: 32 miles

February 10- February 16

Tues: easy 4 miles
Wed: SS workout
Thurs: 5 miles easy
Fri: 6 miles, last 3 miles @ 1/2 marathon pace (70% effort)
Sat: Day off
Sun: long run 16 miles
Mon: day off

Total: 36 miles

February 17- February 23

Tues: 4 miles easy
Wed: SS workout
Thurs: stretch/ light cross training
Fri: 4 miles easy
Sat: tempo run within an 9 mile run, run first 3 miles easy, run next 3 miles at a pace 30 sec per mile faster, run 3 miles easy
Sun: day off
Mon: 5 miles easy

Total: 27 miles

February 24-March 2

Tues: 6 miles easy
Wed: SS workout
Thurs: 0-4 miles easy
Fri: 5 miles with fartlek of 3x3min (80% effort) with 1 min rest over the last 2 miles
Sat: day off
Sun: long run 16 miles
Mon: stretch

Total: 32 miles

March 3-March 9

Tues: easy 0- 4 miles
Wed: SS workout
Thurs: day off stretch
Fri: 7 miles easy
Sat: easy 4 miles
Sun: 15 mile long run with 4 middle miles being fastest
Mon: day off, stretch

Total: 31- 35 miles

March 10- March 16

Tues: 0-4 miles
Wed: SS workout
Thurs: 5 miles easy
Fri: easy 4 miles
Sat: day off
Sun: long run 16 miles
Mon: day off /stretch

Total: 31-35 miles

March 17-March 23

Tues: easy 4 miles
Wed: fitness option workout at SS
Thurs: 5 miles easy
Fri: 6 miles wIth light tempo, run first 3 miles easy and next 3 miles 15-20 sec per mile faster
Sat: 0-4 miles
Sun: long run 18-20miles
Mon: day off /stretch/ easy swim

Total: 38-44 miles

March 24-March30

Tues: easy 5 miles
Wed: fitness workout at SS
Thurs: 4-6 miles easy
Fri: day off
Sat: fartlek run over 8 miles, run 2 easy miles, 4 x 5 min at a pace faster than tempo pace but strong and relaxed, take 2 min rest jog between each effort, 2-3 miles cool down easy
Sun: easy 4 miles
Mon: swim/ stretch

Total: 30-32 miles

March 31-April 6

Tues: 5 miles steady
Wed: light fartlek in a 10mile run, warmup easy for 3 miles, 4x 4 min up tempo with 1 min easy between each,cool down 2-3 miles
Thurs: day off, stretch
Fri: 8 miles easy
Sat: easy 4 miles
Sun: day off
Mon: 6 miles

Total: 31 miles

April 7- April 13

Tues: 3-5 miles easy
Wed: 10miles steady
Thurs: day off/ stretch
Fri: 6 miles
Sat: 6 miles with 2 x 3 min at up tempo, take 2 min easy in between
Sun: day off
Mon: 5 miles easy

Total: 30- 32 miles

April 14- April 20

Tues: 3 miles
Wed: 8 miles, with last 3 miles being fastest
Thurs: day offFri: easy 4 miles
Sat: day off
Sun: stretch
Mon: race day, 26.2 miles, have fun!