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week	mon	tues	wed	thurs	fri	sat	sun
1	Run 2.0 miles at an easy pace	Strength train See page 162	Run 2.0 miles at an easy pace	Strength train	Run 2.0 miles at an easy pace	Day off	Run 2.0 miles at an easy pace
2	Run 2.5 miles at an easy pace	Strength train	Run 2.5 miles at an easy pace	Strength train	Yoga See page 163	Run 4 miles at an easy pace	Day off
3	Run 3 miles at an easy pace	Cross train See page 164	Speed intervals See page 165	Strength train	Yoga	Run 4 miles at an easy pace	Day off
4	Run 3 miles at an easy pace	Strength train	Tempo run See page 166	Strength train	Yoga	Run 4 miles at an easy pace	Day off
5	Run 3 miles at an easy pace	Strength train	All options See page 167	Cross train	Yoga	Run 4 miles at an easy pace	Day off
6	Run 3.5 miles at an easy pace	Strength train	Tempo run See page 168	Yoga	Speed intervals See page 169	Run 4 miles at an easy pace	Day off
7	Run 4 miles at an easy pace	Strength train	Speed intervals See page 170	Strength train	Yoga	Run 4 miles at an easy pace	Day off
8	Strength train	Run 3 miles at an easy pace	All options See page 171	Strength train	Yoga	Run 4 miles at an easy pace	Day off
9	Run 4 miles at an easy pace	Cross train	Tempo run See page 172	Strength train	Yoga	Run 4 miles at an easy pace	Day off
10	Run 4 miles at an easy pace	Strength train	Speed intervals See page 173	Strength train	Yoga	Run 4 miles at an easy pace	Day off
11	Run 4 miles at an easy pace	Cross train	Yoga	Tempo run See page 174	Yoga	Run 4 miles at an easy pace	Day off
12	Run 4 miles at an easy pace	Run 4 miles at an easy pace	Yoga	Day off	Day off	Run 4 miles at an easy pace	race day!

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