

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
Week 1 (7/23)	Weights	5 miles	Weights	1 mile warm-up, 8 x :20 sprint all out w/:10 rest, 1 mile warm down	Swimming/Cross	10	5 miles	22.5
Week 2 (7/30)	Weights	6 miles	Weights	1 mile warm up, 1 mile for time, 1 mile warm down	Swimming/Cross	14	6 miles	29
Week 3 (8/6)	Weights	6 miles	Weights	Warm up 1 mile, 4 x 800 repeats with 400 recovery between each, warm down 1 mile (4.75 miles)	Swimming/Cross	6 miles	12 Miles (12athon)	28.75
Week 4 (8/13)	Weights	6 miles	Weights	1 mile warm-up, 8 x :20 sprint all out w/:10 rest, 1 mile warm down	Swimming/Cross	12	6 miles	26.5
Week 5 (8/20)	Weights	6 miles	Weights	1 mile warm up, 6 x 1:00 hill repeats w/jog back down, 1 mile warm down	Swimming/Cross	13	6 miles	27.5
Week 6 (8/27)	Weights	6 miles	Weights	Warm up 1 mile, 5 x 800 repeats with 400 recovery between each, warm down 1 mile (5.5 miles)	Swimming/Cross	10	7 miles	28.5
Week 7 (9/3)	Weights	7 miles	Weights	1 mile warm-up, 8 x :20 sprint all out w/:10 rest, 1 mile warm down	Swimming/Cross	14	7 miles	30.5
Week 8 (9/10)	Weights	7 miles	12 Miles (12athon)	1 mile warm up, 1 mile for time, 1 mile warm down	Swimming/Cross	Weights	7 miles	29
Week 9 (9/17)	Weights	8 miles	Weights	Warm up 1 mile, 6 x 800 repeats with 400 recovery between each, warm down 1 mile (6.25 miles)	Swimming/Cross	15	8 miles	37.25
Week 10 (9/24)	Weights	9 miles	Weights	1 mile warm-up, 8 x :20 sprint all out w/:10 rest, 1 mile warm down	Swimming/Cross	16	8 miles	35.5
Week 11 (10/1)	Weights	10 miles	Weights	1 mile warm up, 6 x 1:00 hill repeats w/jog back down, 1 mile warm down	Swimming/Cross	18	8 miles	38.5

Week 12 (10/8)	Weights	7 miles	Weights	Swimming/Cross	12 Miles (12athon)	1 mile warm-up, 8 x :20 sprint all out w/:10 rest, 1 mile warm down	7 miles	28.5
Week 13 (10/15)	Weights	8 miles	Weights	Warm up 1 mile, 7 x 800 repeats with 400 recovery between each, warm down 1 mile (7 miles)	Swimming/Cross	15	7 miles	37
Week 14 (10/22)	Weights	9 miles	Weights	1 mile warm up, 400 (5K), 400 EZ, 800 (5K) 400 EZ, 1600 (5K), 1 mile warm down	Swimming/Cross	14	7 miles	34.25
Week 15 (10/29)	Weights	6 miles	Weights	1 mile warm-up, 8 x :20 sprint all out w/:10 rest, 1 mile warm down	Swimming/Cross	13	6 miles	27.5
Week 16 (11/5)	Weights	4 miles	Weights	1 mile warm up, 1 mile for time, 1 mile warm down	Swimming/Cross	4	3 miles	14
Week 17 (11/12)	12 Miles (12athon)	Rest	Rest	Rest	3 miles Easy	Griffith Park Trail Half Marathon	Rest	28
	Long Run							
	Speed Work							
	Weights							
	Easy/Medium Run							
	Swimming/Cross							
	Race							
	Rest							