

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILEAGE
1	Recovery & Cross Training	3miles + Phase 1	6mile - steady pace	5mile - tempo run	Recovery	4miles - Phase 1	6mile - long run	24
2	Recovery & Cross Training	3miles + Phase 1	6mile - steady pace	5mile - intervals	Recovery	4miles - Phase 1	8mile - long run	26
3	Recovery & Cross Training	3miles + Phase 1	6mile - steady pace	6mile - hill run	Recovery	5miles - Phase 1	8mile - long run	28
4	Recovery & Cross Training	3miles + Phase 1	7mile -steady pace	6mile - progressions	Recovery	5miles - Phase 1	10mile - long run	31
5	Recovery & Cross Training	3miles + Phase 2	8mile - steady pace	6mile - progressions	Recovery	5miles - Phase 2	12mile - long run	34
6	Recovery & Cross Training	3miles + Phase 2	8mile - steady pace	6mile - tempo run	Recovery	6miles - Phase 2	14mile - long run	37
7	Recovery & Cross Training	3miles + Phase 2	8mile - steady pace	6mile - intervals	Recovery	6miles - Phase 2	19mile - long run	40
8	Recovery & Cross Training	3miles + Phase 2	7mile - steady pace	10mile - hill run	Recovery	5miles - Phase 2	21mile - long run	44
9	Recovery & Cross Training	3miles + Phase 2	6mile - steady pace	8mile - intervals	Recovery	5miles - Phase 2	22mile - long run	44
10	Recovery & Cross Training	3miles + Phase 3	6mile - steady pace	10mile - temp	Recovery	4miles - Phase 2	21mile - long run	44
11	Recovery & Cross Training	3miles + Phase 3	6mile - steady pace	6mile - hill run	Recovery	4miles - Phase 3	17mile - long run	36
12	Recovery & Cross Training	3miles + Phase 3	6mile - steady pace	6mile - progressions	Recovery	4miles - Phase 3	9mile - long run	28
13	Recovery & Cross Training	3miles + Phase 3	5mile - steady pace	3mile - tempo	Recovery	4miles - Phase 3	9mile - long run	24
14	Recovery & Cross Training	3miles + Phase 3	5mile - steady pace	3mile - interval	Recovery	4miles - Phase 3	RACE DAY 26.2	41.2

Phase 1	Sets	Reps
Glute Bridge	3	12
Moster Walks	3	12
90/90 Single Leg Balance	3	12
Banded Squat	3	12
Pallof Press	3	12
Phase 2		
Banded Glute Bridge	5	12
Banded Walks	5	12
Banded Squats	5	12
Reverse Lunge Pallof Press	5	12
Phase 3		
Lateral Resisted Glute Bridge	5	12
Lateral Lunge Pallof Press	5	12
Single Leg Lunge w/ Halo	5	12
Pallof w/ Foot Fires	5	12



NORTHWEST