

	Long Run	Mid-distance	Hill, Tempo, or Fun Run
26-May-14	5 miles	4 miles	45 minutes
02-Jun-14	5 miles	5 miles	45 minutes
09-Jun-14	5 miles	5 miles	45 minutes
16-Jun-14	6 miles	5 miles	45 minutes
23-Jun-14	6 miles	5 miles	45 minutes
30-Jun-14	6 miles	5 miles	50 minutes
07-Jul-14	6 miles	5 miles	50 minutes
14-Jul-14	6 miles	5 miles	50 minutes
21-Jul-14	7 miles	5 miles	50 minutes
28-Jul-14	7 miles	6 miles	50 minutes
04-Aug-14	7 miles	6 miles	50 minutes
11-Aug-14	7 miles	6 miles	55 minutes
18-Aug-14	7 miles	6 miles	55 minutes
25-Aug-14	4 miles	3 miles	30 minutes
01-Sep-14	7 miles	6 miles	55 minutes
08-Sep-14	7 miles	6 miles	55 minutes
15-Sep-14	8 miles	6 miles	60 minutes
22-Sep-14	6 miles	4 miles	30 minutes
29-Sep-14	8 miles	6 miles	60 minutes
06-Oct-14	9 miles	6 miles	60 minutes
13-Oct-14	10 miles	6 miles	60 minutes
20-Oct-14	7 miles	4 miles	45 minutes
27-Oct-14	11 miles	6 miles	60 minutes
03-Nov-14	7 miles	6 miles	60 minutes
10-Nov-14	6 miles	4 miles	Las Vegas

Try to run three times a week over the summer getting very comfortable with a 6 mile run. If you are wanting to target a fast time for the Vegas race, use the tempo run to work on pace. Run the minutes suggested at a pushed pace - you should be able to answer yes/no questions but not carry on a conversation. If anything is hurting, drop the tempo run. As always, keep your long run at a gentle, comfortable pace. Your mid-distance run can be at a stronger pace.

This is a long series of 7 mile runs designed for those of you with busy mid-July to August schedules. You can maintain a great base doing the 7 mile series but feel free to throw in some 8/9/10 milers if you are experienced with long distances. Over this period, the tempo run lengthens. Again, if anything is hurting - stop doing the tempo runs and change that session to a timed "fun" run. Just go out for the suggested time and run a route that you enjoy at a medium pace.

This is mileage building time! If you are struggling to remain motivated or are dealing with aches/pains, bring your mid-distance run down to 4-5 miles. The long run is the most important thing during this period. Notice the build of mileage then the periodic cutback weeks. Do this! It doesn't have to follow this schedule precisely, but don't continually build your mileage without giving your body some recovery weeks with less mileage.