

## Week 11

Day	Workout	Comments
1	Rest	Total rest
2	LT Workout	6 x 1 mile repeats at 6:25 per mile pace. Recover with 400 meters at an easy pace between the repeats
3	Easy Run	8 miles at 7:55 per mile
4	Speed Intervals	Run 20 minutes alternating between 30 seconds at 5:55 per mile and 30 seconds at 7:55 per mile
5	Easy Run	6 miles at 7:55 per mile
6	Hill Climb	5 miles on a long steady hill of 4 to 8 percent grade at 7:55 per mile
7	Long Run	Run 14 miles at 7:55 per mile then speed up to goal marathon pace of 7:15 per mile for the last 3 miles of this 17 mile workout

## Week 12

Day	Workout	Comments
1	Rest	Total Rest
2	LT Workout	3 x 2400 meter repeats at 6:25 per mile pace. Recover between each repeat with 2 minutes rest
3	Easy Run	6 miles at 7:55 per mile
4	Speed Intervals	Run 20 minutes alternating between 30 seconds at 5:55 per mile and 30 seconds at 7:15 per mile pace
5	Rest	Total Rest
6	Hill Climb	6 miles on a long steady hill of 4 to 8 percent grade at 7:55 per mile
7	Goal Pace Run	8 Miles at your goal pace of 7:15 per mile