

Week 11

Day	Workout	Comments
1	Rest or Very Easy	Total rest or 2 to 5 miles at 8:30 per mile
2	LT Workout	7 x 1 mile repeats at 6:25 per mile pace. Recover with 400 meters at an easy pace between the repeats
3	Easy Run	10 miles at 7:55 per mile
4	Speed Intervals	Run 30 minutes alternating between 30 seconds at 5:55 per mile and 30 seconds at 7:55 per mile
5	Easy Run	8 miles at 7:55 per mile
6	Hill Climb	7 miles on a long steady hill of 4 to 8 percent grade at 7:55 per mile
7	Long Run	Run 12 miles at 7:55 per mile then speed up to goal marathon pace of 7:15 per mile for the last 5 miles of this 17 mile workout

Week 12

Day	Workout	Comments
1	Rest	Total Rest
2	LT Workout	4 x 2400 meter repeats at 6:25 per mile pace
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	8 miles on a long steady hill of 4 to 8 percent grade at 7:55 per mile
7	Goal Pace Run	10 Miles at your goal pace of 7:15 per mile