

Week 7

Day	Workout	Comments
1	Rest or Very Easy	Total rest or 2 to 5 miles at 9:10 per mile
2	One Mile Repeats	6 x One Mile Repeats in 7:05 per mile. Recover between the repeats with 400 meters at an easy pace
3	Easy Run	8 miles at 8:35 per mile
4	Superset	2 x 800/400/1600 meter supersets. Run 800 meters at 6:51 per mile pace, 400 meters at 6:30 per mile pace and 1600 meters at 7:05 per mile pace. No rest between the distances. Recover between the two sets with 800 meters at an easy pace.
5	Easy Run	6 miles at 8:35 per mile
6	Hills	9 miles on a hilly course at 8:35 per mile
7	Long Run	18 Miles at 9:10 per mile

Week 8

Day	Workout	Comments
1	Rest	Total Rest
2	LT Workout	Run 3 miles at 7:05 per mile. Then slow down to goal marathon pace of 8:01 per mile for 4 miles. Now speed up to 6:51 per mile for the last mile of this 8 mile workout
3	Easy Run	6 miles at 8:35 per mile
4	Superset	1 x 2400/800/400 superset. Run 2400 meters at 7:05 per mile pace, 800 meters at 6:51 per mile pace and 400 meters at 6:30 per mile pace
5	Rest	Total Rest
6	Hill Repeats	8 x 200 meter hill repeats. Run 200 meters up a steep hill of 8 to 12 percent grade Run up the hill at the fastest pace you can maintain for the entire workout. Jog down the hill as recovery between repeats.
7	Long Run	10 Miles at 8:35 per mile