

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|------|------------|-------------|------------|------|----------|---------------------|
| 12 | Rest | 6m Easy | 8m Tempo | 6m Easy | Rest | 20m Long | Stretch |
| 16 | Rest | 3m Easy | 2m Easy | Rest | Rest | 2m Shake | RACE DAY |

TRAINING REMINDERS

Focus on hydration and electrolyte balance. Listen to your body-it is okay to swap a run for extra rest if needed. Always include 10 minutes of dynamic stretching before speed work.