

# Advanced Running Mileage Tracker

Macrocycle: Fall Marathon Prep | Week 12 of 18

**WEEKLY TOTAL**  
**54.2 mi**  
**TARGET**  
**70.0 mi**  
**AVG PACE**  
**7:42 /mi**  
**INTENSITY SCORE**  
**84/100**

| Day              | Type      | Planned | Actual  | Notes                          |
|------------------|-----------|---------|---------|--------------------------------|
| <b>Monday</b>    | Recovery  | 6.0 mi  | 6.2 mi  | HR stayed under 140bpm.        |
| <b>Tuesday</b>   | Intervals | 10.0 mi | 10.5 mi | 6x1km @ 5k pace. Strong.       |
| <b>Wednesday</b> | Aerobic   | 8.0 mi  | 8.0 mi  | Standard mid-week base.        |
| <b>Thursday</b>  | Tempo     | 12.0 mi | 12.0 mi | 40 min @ Lactate Threshold.    |
| <b>Friday</b>    | Recovery  | 5.0 mi  | 4.5 mi  | Slight tightness in left calf. |
| <b>Saturday</b>  | Aerobic   | 7.0 mi  | 13.0 mi | Swapped with Sunday's route.   |
| <b>Sunday</b>    | Long Run  | 22.0 mi | --      | Targeting 10mi @ MP.           |

Cumulative Training Volume: 642.8 miles