

Group 1

Day 1 2x1 mile hard. Second faster than the first
Day 2 3 miles easy
Day 3 4 miles with 2 miles harder in the middle
Day 4 2 miles easy
Day 5 6 mile long run
Day 6 3 miles easy
Day 7 OFF

Group 2

Day 1 2x1 mile hard. Second faster than the first
Day 2 2 miles easy
Day 3 3 miles with a harder effort in the middle 1-2 miles
Day 4 OFF
Day 5 4 mile long run
Day 6 2 miles easy
Day 7 OFF

Group 3

Day 1 1 mile hard
Day 2 OFF
Day 3 2 miles at a harder effort
Day 4 OFF
Day 5 28 minute jog with walk breaks if needed
Day 6 18 minutes at an easier effort
Day 7 OFF