

Second Sole  
Cleveland Training  
May

Week 18

5-3: 1.5 mi warmup, 6 x 800m @ goal 10k pace w/ :90 rest, 1.5 mi cooldown

5-5: 1.5 mi warmup, 3 x Tangletown Loop (1.2 miles roughly) w/ 1:00 rest per rep, 1.5 mile cooldown

5-7: **Full:** 20 miles w/ 3 x 3 miles @ goal marathon pace **Half:** 12 miles w/ 2 x 2 miles @ goal race pace

Week 19

5-10: 1.5 mi warmup, 1600, 1200, 800, 400 w/ :90 rest per rep @ goal 10k pace , 1.5 mi cooldown

5-12: 1.5 mi warmup, 2 x 2 miles @ goal half marathon pace, 1.5 mi cooldown

5-14: **Full:** 10-13 miles **Half:** 10 miles

Week 20

5-17: 1.5 mi warmup, 3-4 miles @ goal marathon pace OR 2x1 mile @ goal half marathon pace, 1.5 mile cooldown

5-19: 45 minutes easy

5-21: **CLEVELAND MARATHON WEEKEND**