

| Date | 02/10/25 | Miles | 02/17/25 | Miles | 02/24/25 | Miles | 03/03/25 | Miles |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------|-------|--------------------------------------------------------|-------|-------------------------------------------------------------------|-------|
| Weeks Until Boston Marathon | 10 | | 9 | | 8 | | 7 | |
| Event | 5K Time Trial | | | | 1/2 Marathon March 2nd Atlanta | | | |
| Goal | | | | | | | | |
| Monday | Conditioning | 8 | 1600m @ 5:30; 3 x (4 x 200m): 38/36/34; 1600m @ 5:30. | 8 | Conditioning | 12 | Conditioning | 8 |
| Tuesday | 2000m Tempo (5:30/1600); 4 x (2 x 400/200): (76/38);(72/34); (68/36); (72/34) 2000m (5:30/1600) Tempo Recovery: 3 min / 90 sec/ 90 sec | 12 | Conditioning | 12 | Conditioning | 12 | Conditioning | 12 |
| Wednesday | Conditioning | 12 | Boston Marathon Simulation at North Boulder Route: 6 miles @ Boston Race Pace/8 @ Float Race Pace + 1-min/mile /6: @ BRP / Float / RP | 20 | 4 x 1000/200: 3:25/38; 3:10/36; 3:25/38. Full Recovery | 12 | Conditioning | 12 |
| Thursday | Conditioning | 12 | Conditioning | 12 | Conditioning | 10 | | 14 |
| Friday | 2000m: 5:30; 2 x 200m: 38; 1200m: 5:20 pace; 2 x 100m 17; 5K TT; Cool-down. Full Recovery between everything | 12 | Conditioning | 12 | Pre-Race: 4 x 400/100 @ Race Pace/stride | 8 | Conditioning | 12 |
| Saturday | Conditioning | 16 | Conditioning | 16 | Conditioning | 8 | 20 Miles on Hilly Course: 6 / 8 / 6: Race Pace; Float; <Race Pace | 22 |
| Sunday | Conditioning | 18 | 1600m Tempo @ 5:30/1600; 3 x (2 x (600/200): 1:56/38; 1:52/34; 1:48/36; 1600m @ 5:30/1600. Recovery - 3 min / 2 min / 90 Sec | 16 | 1/2 Marathon March 2nd Atlanta | 16 | Conditioning | 10 |
| Weekly Mileage | | 90 | | 96 | | 78 | | 90 |