

2012 Georgia Marathon

| WK | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | TOTAL |
|----|--------|--------|--------|--------|--------|--------------|--------------|--------------|
| 15 | 28-Nov | 29-Nov | 30-Nov | 1-Dec | 2-Dec | 3-Dec | 4-Dec | |
| | TEMPO | REST | SPEED | EASY | REST | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 0 0 | 8 7.47 | 0 0 | 20 19.47 |
| 14 | 5-Dec | 6-Dec | 7-Dec | 8-Dec | 9-Dec | 10-Dec | 11-Dec | |
| | TEMPO | REST | TRACK | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 3 3 | 10 10 | 0 0 | 25 25 |
| 13 | 12-Dec | 13-Dec | 14-Dec | 15-Dec | 16-Dec | 17-Dec | 18-Dec | |
| | TEMPO | REST | HILL | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 3 3 | 12 12 | 0 0 | 27 27 |
| 12 | 19-Dec | 20-Dec | 21-Dec | 22-Dec | 23-Dec | 24-Dec | 25-Dec | |
| | TEMPO | REST | SPEED | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 3 3 | 14 14 | 0 0 | 29 29 |
| 11 | 26-Dec | 27-Dec | 28-Dec | 29-Dec | 30-Dec | 31-Dec | 1-Jan | |
| | TEMPO | REST | HILL | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 3 3 | 16 16 | 0 0 | 31 31 |
| 10 | 2-Jan | 3-Jan | 4-Jan | 5-Jan | 6-Jan | 7-Jan | 8-Jan | |
| | TEMPO | REST | TRACK | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 3 3 | 18 18 | 0 0 | 33 33 |
| 9 | 9-Jan | 10-Jan | 11-Jan | 12-Jan | 13-Jan | 14-Jan | 15-Jan | |
| | TEMPO | REST | HILL | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 3 3 | 20 20 | 0 0 | 35 35 |
| 8 | 16-Jan | 17-Jan | 18-Jan | 19-Jan | 20-Jan | 21-Jan | 22-Jan | |
| | TEMPO | REST | SPEED | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 4 4 | 3 3 | 14 14 | 0 0 | 29 29 |
| 7 | 23-Jan | 24-Jan | 25-Jan | 26-Jan | 27-Jan | 28-Jan | 29-Jan | |
| | TEMPO | REST | HILL | EASY | REST | CALHOUN'S | REST | |
| | 5 5 | 0 0 | 3 3 | 3 3 | 0 0 | 10 10 | 0 0 | 21 21 |
| 6 | 30-Jan | 31-Jan | 1-Feb | 2-Feb | 3-Feb | 4-Feb | 5-Feb | |
| | TEMPO | REST | TRACK | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 3 3 | 3 3 | 15 15 | 0 0 | 29 29 |
| 5 | 6-Feb | 7-Feb | 8-Feb | 9-Feb | 10-Feb | 11-Feb | 12-Feb | |
| | TEMPO | REST | HILL | EASY | REST | STRAWPLAINS | REST | |
| | 5 5 | 0 0 | 3 3 | 3 3 | 0 0 | 13.1 13.1 | 0 0 | 24.1 24.1 |
| 4 | 13-Feb | 14-Feb | 15-Feb | 16-Feb | 17-Feb | 18-Feb | 19-Feb | |
| | TEMPO | REST | SPEED | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 3 3 | 3 3 | 16 16 | 0 0 | 30 30 |
| 3 | 20-Feb | 21-Feb | 22-Feb | 23-Feb | 24-Feb | 25-Feb | 26-Feb | |
| | TEMPO | REST | HILL | EASY | EASY | REST | WHITESTONE | |
| | 3 3 | 0 0 | 3 3 | 3 3 | 3 3 | 0 0 | 18.7 18.7 | 30.7 30.7 |
| 2 | 27-Feb | 28-Feb | 29-Feb | 1-Mar | 2-Mar | 3-Mar | 4-Mar | |
| | TEMPO | REST | HILL | EASY | EASY | LONG | REST | |
| | 4 4 | 0 0 | 3 3 | 3 3 | 3 3 | 12 12 | 0 0 | 25 25 |
| 1 | 5-Mar | 6-Mar | 7-Mar | 8-Mar | 9-Mar | 10-Mar | 11-Mar | |
| | TEMPO | REST | TEMPO | EASY | EASY | LONG | REST | |
| | 5 5 | 0 0 | 3 3 | 3 3 | 3 3 | 10 10 | 0 0 | 24 24 |
| 0 | 12-Mar | 13-Mar | 14-Mar | 15-Mar | 16-Mar | 17-Mar | 18-Mar | |
| | EASY | REST | TEMPO | EASY | REST | REST | GA MARATHON | |
| | 4 4 | 0 0 | 3 3 | 4 4 | 0 0 | 0 0 | 26.2 26.2 | 37.2 37.2 |