Running Planet Semi Custom Training Programs

College of Running Book Series

Holistic Year Round Training for Basic Competitive Runners

Program Overview

Most race specific training plans do an excellent job of preparing you for a specific race distance on a specific date. But you aren't always racing. How do you train between races? How do you maintain your fitness when you aren't competing? How do you integrate recovery into your training plan? As a holistic, year round runner, you have different training needs than a single season athlete, such as a cross country runner or a spring track athlete. You run year round, so you need a training plan that addresses your needs as a year round, multi goal runner.

This series of training schedules are designed to meet your needs as a holistic, year round athlete. This series is intended for a basic level competitive runner that has some limited competitive running experience, trains at a low to moderate intensity level and enters a limited number of races per year.

This booklet includes mini training schedules for the following holistic running needs:

Build Up

As a holistic, year round runner you probably don't need a full build up, but even holistic runners have a starting point or need to rebuild after an extended down time. This build up schedule will take you from a two mile base to a level at which you can perform an eight mile long run. This four week schedule will improve your fitness to the general maintenance level. Use this schedule whenever you need to rebuild a base after an extended downtime.

General Maintenance

This is a general holistic training program that includes multi pace workouts that will maintain your endurance, stamina and speed at a basic level. This program is good for maintaining a base of fitness between races or simply for a basic year round maintenance program. The general maintenance plan is a three week rotating schedule. Simply follow and keep repeating three week schedule, or one similar to it, for the duration of your maintenance training.

5K Peaking

With this 5K peaking schedule you can peak for a 5K race in 4 weeks or less. This mini schedule focuses on goal pace speed and stamina. While this schedule is typically used to prepare for a 5K race it can also be used increase general fitness and speed.

10K Peaking

This peaking plan will get you ready for a 10K race in 4 weeks. If you are at a high level of fitness you may be able to cut this down to 3 weeks. This plan concentrates on improving your goal pace efficiency as well as stamina and lactate threshold.

Half Marathon Peaking

You can be prepared for a strong half marathon in 6 weeks or less using this training schedule. If you have a high level of endurance and fitness you might be able to reduce this to a 4 or 5 week plan.

Marathon Peaking

This marathon peaking schedule includes 12 training weeks. Nearly any holistic runner will be able to successfully peak for a marathon using this 12 week plan. Adjust this schedule to your current level of fitness. It is possible to reduce this to as few as 6 weeks if you already have high levels of endurance and stamina.

General Recovery

Even holistic runners need some occasional recovery from hard racing, long term training or injury. This is a 4 week recovery plan that begins with reduced levels of distance and intensity and then gradually rebuilds your training to a strong 6 mile or 10K level. You can use this schedule for all recovery purposes, but it is especially useful for recovery from a marathon.

Endurance Improvement Emphasis

Do you feel like your overall endurance is somewhat lacking? Would you like to improve your overall endurance? This is a 4 week plan that focuses on improving your overall base and endurance.

Stamina Improvement Emphasis

Is your endurance great and your speed superior, but you have problems with stamina or maintaining a quality pace? This 4 week stamina emphasis schedule will help you improve your stamina and increase your lactate threshold.

Speed Improvement Emphasis

Holistic runners often find that, since they do so many informal and unstructured workouts, their speed begins to drop. This speed emphasis plan will help you increase or rebuild your running speed. This plan focuses on high intensity running with other supporting workouts.

Running Workouts

There are six specific types of running workouts in your program:

- Endurance Runs - This type of run is also known as aerobic conditioning. Endurance runs make up the highest percentage of overall mileage for a distance runner. Endurance runs build your overall endurance, increase your blood volume, improve your ability to store energy supplying fuel, and improves the ability of your system to deliver oxygen to your muscles. These workouts are performed at about 55 to 75 percent of your VO_2 max (your body's ability to process oxygen). This pace should feel easy and "conversational" in nature.

- Tempo Runs - Tempo runs are moderate to long distance runs that are performed at between marathon pace and about 15 seconds per mile slower than 10K pace. Tempo training intensity is slightly less than lactate turn point intensity. The purpose of tempo running is to improve your ability to run long distances at paces that produce a significant amount of metabolites without the limiting factor of reaching your lactate turn point.

- Progressive Runs - Progressive runs are a workout that combines endurance training, tempo training, lactate turn point training and speed training. When performing progressive runs you should start at an easy endurance pace and gradually increase your pace through out your training run. Increase from endurance pace to lactate turn point pace through all but the final 800 to 1600 meters of your progressive run. Then increase your pace to speed pace portion. For example, if you are doing a 6 mile progressive run you should start at endurance pace and gradually speed up to lactate turn point pace through the first 5 to 5.5 miles. Then finish at speed pace.

- Lactate Threshold or LT Runs - LT runs are moderate distance, higher intensity training runs that are performed at very close to your 10K race pace or a hard pace. The purpose of these training runs are to improve the ability of your body and central nervous system to deal with the affect of metabolic imbalances.

- Speed Runs - These workouts are also known as aerobic capacity training. Speed runs are performed at between 90% and 100% of your VO_2 max which is between your 5K race pace and your 3K race pace. Improving this pace will increase your fitness, speed, endurance and speed endurance.

- Long Runs - These runs improve your endurance, goal pace endurance and mental toughness. They also improve your body's ability to burn fat as fuel and conserve carbohydrates. Long runs are performed at an easy pace, goal pace or a combination of the two paces.

Strength Workouts

The second category of workouts in your training program are strength workouts. Strength training is important for runners because it helps prevent injury, improve your impact resistance, improve your running economy and build your speed and power. Strength training workouts fall into one of three types:

- General Strength - General strength workouts build your overall body strength and provide a base for the more specific types of strength training.
- Running Specific Strength - These are strength building exercises that target your running specific motions and muscles
- Plyometrics - Plyometrics are high intensity strength exercises and drills that are explosive in nature and are great for improving running economy and power.

Your Training Paces

This holistic training program uses 4 different training paces. In many competitive training programs you will monitor pace by using either race pace, perceived exertion or heart rate. In this holistic training program I suggest using perceived exertion only since your goal is life long, holistic running. I also suggest using this method because, if you are like most holistic runners, the majority of your training runs are performed on the trail or road where it is difficult to accurately judge exact distance and pace. I have included a number of charts at the end of this section to help you determine your proper training pace or intensity.

- Endurance Pace - All of your endurance runs should be performed at an intensity that feels easy. They should be "conversational" in nature, meaning you should be able to carry on a conversation while you are running. Judging your pace by feel rather than pace will insure that you are running at a pace that is easy enough to gain the benefits of endurance workouts and also that you are able to recover from your more intense workouts. Try to stay around 11 or 12 on the RPE.
- Tempo Pace - Your tempo pace is really a range rather than an exact pace. In terms of race pace a tempo run can range anywhere from around half marathon pace to near 10K pace. For your holistic training purposes I would suggest running at a moderately hard pace or around 13 to 15 on the RPE.
- Lactate Threshold/LT Pace - Your lactate threshold pace occurs at very close to 10K pace. Try to stay around 15 to 16 on the RPE scale or a hard pace.
- Speed Pace - Your speed pace ranges from your 5K goal pace to about 10 seconds per mile faster than 5K race pace. For spring training try to run at a very hard pace or about RPE 17 to 18.

It is very difficult and not really necessary to maintain these exact training paces throughout your workouts. Instead, try to stay within 3 seconds of each training pace.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 5 to 20 depending upon how the athlete feels or perceives his or her effort. The effort ratings range from very little effort to maximal effort. Using the chart may take a little practice but once you are comfortable and familiar with the various paces it can be a fairly accurate way to judge your training pace.

Rating of Perceived Exertion			
Rating	Perception of Effort	Rating	Perception of Effort
5	Very Little	13	Somewhat Hard
6	Minimal	14	Somewhat Hard +
7	Very, Very Light	15	Hard
8	Very, Very Light +	16	Hard +
9	Very Light	17	Very Hard
10	Very Light +	18	Very Hard +
11	Fairly Light	19	Very, Very Hard
12	Comfortable	20	Maximal

The Borg RPE scale, while very useful can be a bit hard to follow with the various ratings of hard, somewhat hard and hard+. To makes things a little easier I have adapted the scale to a more user friendly version.

Beginning Runner's RPE Scale			
Rating	Perception of Effort	Rating	Perception of Effort
5	Lounging in the hammock	13	Running harder to catch up with the dog. You are starting to breath noticeable harder
6	Reaching for a cold drink from the hammock	14	Running away from a small dog chasing you. Breathing hard but still able to talk
7	Sitting up to reach for a cold drink	15	Running from a medium dog chasing you. Breathing even harder but still able talk
8	Walk across the lawn to get a cold drink	16	Big dog chasing you. Breathing heavier. Talking becoming difficult
9	A walk in the park	17	Pack of dogs chasing you. Breathing is very heavy. Talking becoming impossible
10	Taking the dog for a brisk walk in the park	18	Big bear chasing you. Very heavy breathing
11	The dog taking me for a very brisk walk in the park	19	Big bear chasing you uphill. Very heavy breathing
12	Running easy to keep up with the dog	20	Big bear just jumped on your back. You are at maximal effort.

If you choose to judge your pace using a heart rate monitor the table below will give you the approximate heart rate training ranges for each RPE zone.

RPE Heart Rate Equivalent			
Rating	% of MHR	Rating	% of MHR
5	20% - 25%	13	60% - 65%
6	25% - 30%	14	70% - 75%
7	30% - 35%	15	75% - 80%
8	35% - 40%	16	80% - 85%
9	40% - 45%	17	85% - 90%
10	45% - 50%	18	90% - 95%
11	50% - 55%	19	95% - 98%
12	55% - 60%	20	98% - 100%

Build Up - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Tempo/LT	Endurance 1 General Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Tempo/LT	Endurance 1 General Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 1 General Strength	Tempo/LT	Endurance 1 General Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 1 General Strength	Tempo/LT	Endurance 1 General Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 2 miles or 3K at endurance pace
Tempo/LT	Run 15 minutes at tempo pace
Long Run	Run 3 miles or 5K at endurance pace

Build Up - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 2 miles or 3K at endurance pace
Endurance 2	Run 3 miles or 5K at endurance pace
Progressive Run	Run a 2 mile or 3K progressive run
Long Run	Run 4 miles or 6.5K at endurance pace

Build Up - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Tempo/LT	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Tempo/LT	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Tempo/LT	Endurance 2 Running Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Tempo/LT	Endurance 2 Running Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 4 miles or 6.5K at endurance pace
Tempo/LT	Run 20 minutes at tempo pace
Long Run	Run 6 miles or 10K at endurance pace

Build Up - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 5 miles or 8K at endurance pace
Progressive Run	Run a 3 mile or 5K progressive run
Long Run	Run 8 miles or 13K at endurance pace

General Maintenance Rotation - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 30 minutes at tempo pace
Speed	Run 8 x 2 minute repeats at speed pace. Recover between each repeat with 2 minutes of rest
Long Run	Run 10 miles or 16K at endurance pace

General Maintenance Rotation - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Hill Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Hill Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Hill Run	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Hill Run	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 4 x 6 minute repeats at LT pace. Recover between each repeat with 2 minutes of complete rest.
Hill Run	Run 2 miles or 3K up a hill of moderate inclline at a moderately hard pace. Jog down the hill for a cool down.
Long Run	Run 12 miles or 19K at endurance pace

General Maintenance Rotation - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run General Strength	Rest	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Progressive Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 6 miles or 10K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Progressive Run	Run a 3 mile or 5K progressive run
Speed	Run for 20 minutes alternating between 2 minutes easy and 1 minute at speed pace. No recovery.
Long Run	Run 8 miles or 13K at endurance pace

5K Peaking - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 4 miles or 6.5K at endurance pace
Tempo/LT	Run 25 minutes at tempo pace
Goal Pace	Run 3 x 1000 meter repeats at goal 5K pace. Recover between each repeat with 2 minutes of rest.
Progressive Run	Run a 5 mile or 8K progressive run
Long Run	10 miles or 16K. Run the first 9 miles or 14K at endurance pace and the final 1 mile or 2K at goal 5K pace.

5K Peaking - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Hill Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Hill Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 30 minutes at tempo pace
Goal Pace	Run 5 x 1000 meter repeats at goal 5K pace. Recover between each repeat with 2 minutes of rest.
Hill Run	Run 2 miles or 3.2K up a steady moderate incline at 5K intensity, not 5K pace. Run back down the hill as a cool down.
Long Run	12 miles or 19K. Run the first 11 miles or 17K at endurance pace and the final 1 mile or 2K at goal 5K pace.

5K Peaking - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 35 minutes at tempo pace
Goal Pace	Run 2 x 2500 meter repeats at goal 5K pace. Run the first 2500 meter repeat at tempo pace and the second at goal 5K pace. Recover between each repeat with 2 minutes of rest.
Progressive Run	Run a 6 mile or 10K progressive run
Long Run	12 miles or 19K. Run the first 11 miles or 17K at endurance pace and the final 1 mile or 2K at goal 5K pace. Then finish this workout with 400 meters as fast as possible.

5K Peaking - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Rest	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Endurance 2	Race Day

Running Workouts	
Workout	Description
Endurance 1	Run 6 miles or 10K at endurance pace
Goal Pace	Run 2 x 2500 meter repeats at goal 5K pace. Run both repeats at goal 5K pace. Recover between each repeat with 5 minutes of rest.
Progressive Run	Run a 6 mile or 10K progressive run
Endurance 2	Run 3 miles or 5K at endurance pace

10K Peaking - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 4 miles or 6.5K at endurance pace
Tempo/LT	Run 30 minutes at tempo pace
Goal Pace	Run 6 x 1000 meter repeats at goal 10K pace. Recover between each repeat with 2 minutes of rest.
Progressive Run	Run a 5 mile or 8K progressive run
Long Run	10 miles or 16K. Run the first 9 miles or 14K at endurance pace and the final 1 mile or 2K at goal 10K pace.

10K Peaking - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Hill Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Hill Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 35 minutes at tempo pace
Goal Pace	Run 8 x 1000 meter repeats at goal 10K pace. Recover between each repeat with 2 minutes of rest.
Hill Run	Run 3 miles or 5K up a steady moderate incline at 10K intensity, not 10K pace. Run back down the hill as a cool down.
Long Run	12 miles or 19K. Run the first 10 miles or 16K at endurance pace and the final 2 miles or 3K at goal 10K pace.

10K Peaking - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 40 minutes at tempo pace
Goal Pace	Run 5 x 2000 meter repeats at goal 10K pace. Recover between each repeat with 2 minutes of rest
Progressive Run	Run a 6 mile or 10K progressive run
Long Run	12 miles or 19K. Run the first 9 miles or 14K at endurance pace and the final 3 miles or 5K at goal 10K pace. Finish with 800 meters as fast as possible.

10K Peaking - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Rest	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Endurance 2	Race Day

Running Workouts	
Workout	Description
Endurance 1	Run 6 miles or 10K at endurance pace
Goal Pace	Run 4 x 2500 meter repeats. Run the first repeat at tempo pace, the second at goal 10K pace, the third at tempo pace and the final repeat at goal 10K pace. Recover between each with 4 minutes of rest.
Progressive Run	Run a 6 mile or 10K progressive run
Endurance 2	Run 3 miles or 5K at endurance pace

Half Marathon Peaking - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 4 miles or 6.5K at endurance pace
Tempo/LT	Run 25 minutes at tempo pace
Goal Pace	Run 3 x 1600 meter repeats at goal half marathon pace. Recover between each repeat with 2 minutes of rest.
Progressive Run	Run a 4 mile or 6.5K progressive run
Long Run	10 miles or 16K. Run the first 9 miles or 14K at endurance pace and the final 1 mile or 2K at goal half marathon pace.

Half Marathon Peaking - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Hill Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Hill Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 30 minutes at tempo pace
Goal Pace	Run 4 x 1600 meter repeats at goal half marathon pace. Recover between each repeat with 2 minutes of rest.
Hill Run	Run 3 miles or 6.5K up a steady moderate incline at half marathon intensity, not half marathon pace. Run back down the hill as a cool down.
Long Run	10 miles or 16K. Run the first 8 miles or 13K at endurance pace and the final 2 miles or 3K at goal half marathon pace.

Half Marathon Peaking - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 35 minutes at tempo pace
Goal Pace	Run 5 x 1600 meter repeats at goal half marathon pace. Recover between each repeat with 2 minutes of rest.
Progressive Run	Run a 6 mile or 10K progressive run
Long Run	12 miles or 19K. Run the first 9 miles or 14K at endurance pace and the final 3 miles or 5K at goal half marathon pace.

Half Marathon Peaking - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 40 minutes at tempo pace
Goal Pace	Run 6 x 1600 meter repeats at goal half marathon pace. Recover between each repeat with 2 minutes of rest.
Hill Run	Run 4 miles or 5K up a steady moderate incline at half marathon intensity, not half marathon pace. Run back down the hill as a cool down.
Long Run	14 miles or 23K. Run the first 10 miles or 16K at endurance pace and the final 4 miles or 7K at goal half marathon pace.

Half Marathon Peaking - Week 5

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Goal Pace	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 45 minutes at tempo pace
Goal Pace	Run 4 x 3200 meter repeats at goal half marathon pace. Recover between each repeat with 2 minutes of rest.
Progressive Run	Run a 7 mile or 11K progressive run
Long Run	16 miles or 26K. Run the first 10 miles or 16K at endurance pace and the final 6 miles or 10K at goal half marathon pace.

Half Marathon Peaking - Week 6

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Rest	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Rest	Race Day

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Progressive Run	Endurance 2	Goal Pace	Endurance 1	Rest	Race Day

Running Workouts	
Workout	Description
Endurance 1	Run 6 miles or 10K at endurance pace
Goal Pace	Run 6 miles or 10K at goal half marathon pace
Progressive Run	Run a 6 mile or 10K progressive run
Endurance 2	Run 3 miles or 5K at endurance pace

Marathon Peaking - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 4 miles or 6.5K at endurance pace
Tempo/LT	Run 25 minutes at tempo pace
Hill Run	Run 2 miles or 3K up a steady moderate incline at marathon pace. Run back down the hill as a cool down.
Progressive Run	Run a 2 mile or 3K progressive run
Long Run	10 miles or 16K. Run the first 9 miles or 14K at endurance pace and the final 1 mile or 2K at goal marathon pace.

Marathon Peaking - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 30 minutes at tempo pace
Hill Run	Run 3 miles or 5K up a steady moderate incline at marathon pace. Run back down the hill as a cool down.
Progressive Run	Run a 3 mile or 5K progressive run
Long Run	12 miles or 19K. Run the first 10 miles or 16K at endurance pace and the final 2 miles or 3K at goal marathon pace.

Marathon Peaking - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 35 minutes at tempo pace
Hill Run	Run for 20 minutes over rolling terrain or on a treadmill at various inclines between 2% and 8%.
Progressive Run	Run a 3 mile or 5K progressive run
Long Run	14 miles or 23K. Run the first 11 miles or 18K at endurance pace and the final 3 miles or 5K at goal marathon pace.

Marathon Peaking - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 40 minutes at tempo pace
Hill Run	Run 3 miles or 5K up a steady moderate incline at marathon pace. Run back down the hill as a cool down.
Progressive Run	Run a 4 mile or 6.5K progressive run
Long Run	16 miles or 26K. Run the first 12 miles or 19K at endurance pace and the final 4 miles or 7K at goal marathon pace.

Marathon Peaking - Week 5

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 40 minutes at tempo pace
Hill Run	Run for 25 minutes over rolling terrain or on a treadmill at various inclines between 2% and 8%.
Progressive Run	Run a 4 mile or 6.5K progressive run
Long Run	18 miles or 29K. Run the first 13 miles or 21K at endurance pace and the final 5 miles or 8K at goal marathon pace.

Marathon Peaking - Week 6

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Goal Pace

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Goal Pace

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Goal Pace

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Goal Pace

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 45 minutes at tempo pace
Hill Run	Run 6 x 400 meter repeats up a steep hill at a very hard pace. Recover between each repeat by jogging down the hill.
Progressive Run	Run a 5 mile or 8K progressive run
Goal Pace	Run 6 miles or 10K at goal marathon pace

Marathon Peaking - Week 7

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 6 x 1600 meter repeats at LT pace. Recover between each repeat with 4 minutes of rest.
Hill Run	Run for 30 minutes over rolling terrain or on a treadmill at various inclines between 2% and 8%.
Progressive Run	Run a 3 mile or 5K progressive run
Long Run	20 miles or 32K. Run the first 14 miles or 22K at endurance pace and the final 6 miles or 10K at goal marathon pace.

Marathon Peaking - Week 8

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Goal Pace

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Goal Pace

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Goal Pace

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Goal Pace

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 45 minutes at tempo pace
Hill Run	Run 8 x 400 meter repeats up a steep hill at a very hard pace. Recover between each repeat by jogging down the hill.
Progressive Run	Run a 6 mile or 10K progressive run
Goal Pace	Run 7 miles or 11K at goal half marathon pace

Marathon Peaking - Week 9

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Long Run

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 6 x 1600 meter repeats at LT pace. Recover between each repeat with 2 minutes of rest.
Hill Run	Run 3 miles or 5K up a steady moderate incline at marathon pace. Run back down the hill as a cool down.
Progressive Run	Run a 3 mile or 5K progressive run
Long Run	22 miles or 35K. Run the first 15 miles or 24K at endurance pace and the final 7 miles or 11K at goal marathon pace.

Marathon Peaking - Week 10

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo General Strength	Rest	Hill Run	Endurance Running Strength	Rest	Goal Pace

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Rest	Goal Pace

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Goal Pace

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance General Strength	Hill Run	Endurance Running Strength	Progressive Run	Goal Pace

Running Workouts	
Workout	Description
Endurance	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 45 minutes at tempo pace
Hill Run	Run for 35 minutes over rolling terrain or on a treadmill at various inclines between 2% and 8%.
Progressive Run	Run a 7 mile or 11K progressive run
Goal Pace	Run 8 miles or 13K at goal marathon pace

Marathon Peaking - Week 11

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo Running Strength	Rest	Hill Run	Endurance	Rest	Goal Pace

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance Running Strength	Hill Run	Endurance	Rest	Goal Pace

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance Running Strength	Hill Run	Endurance	Progressive Run	Goal Pace

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance Running Strength	Hill Run	Endurance	Progressive Run	Goal Pace

Running Workouts	
Workout	Description
Endurance	Run 4 miles or 6.5K at endurance pace
Tempo/LT	Run 35 minutes at tempo pace
Hill Run	Run for 20 minutes over rolling terrain or on a treadmill at various inclines between 2% and 8%.
Progressive Run	Run a 3 mile or 5K progressive run
Goal Pace	Run 6 miles or 10K at goal marathon pace

Marathon Peaking - Week 12

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Rest	Hill Run	Endurance	Rest	Race Day

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance	Hill Run	Endurance	Rest	Race Day

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Endurance	Hill Run	Endurance	Progressive Run	Race Day

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Tempo	Endurance	Hill Run	Endurance	Progressive Run	Race Day

Running Workouts	
Workout	Description
Endurance	Run 3 miles or 5K at endurance pace
Tempo/LT	Run 20 minutes at tempo pace
Hill Run	Run for 20 minutes over rolling terrain or on a treadmill at various inclines between 2% and 8%.
Progressive Run	Run a 3 mile or 5K progressive run
Race Day	26.2 miles or 42K at goal marathon pace

General Recovery - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Rest	Endurance 2	Endurance 1	Rest	Tempo

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2	Endurance 2	Endurance 1	Rest	Tempo

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2	Endurance 2	Endurance 1	Endurance 2	Tempo

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2	Endurance 2	Endurance 1	Endurance 2	Tempo

Running Workouts	
Workout	Description
Endurance 1	Run 2 miles or 3K at endurance pace
Endurance 2	Run 3 miles or 5K at endurance pace
Tempo	Run 15 minutes at tempo pace

General Recovery - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Endurance 2	Endurance 1	Rest	Tempo

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Endurance 2	Endurance 1	Rest	Tempo

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Endurance 2	Endurance 1	Endurance 2	Tempo

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Endurance 2	Endurance 1	Endurance 2	Tempo

Running Workouts	
Workout	Description
Endurance 1	Run 2 miles or 3K at endurance pace
Endurance 2	Run 4 miles or 5K at endurance pace
Tempo	Run 20 minutes at tempo pace

General Recovery - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Endurance 2	Endurance 1	Rest	Tempo

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Endurance 1	Endurance 1	Rest	Tempo

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Endurance 1	Endurance 2	Endurance 1	Tempo

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Endurance 1	Endurance 2	Endurance 1	Tempo

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 3K at endurance pace
Endurance 2	Run 5 miles or 5K at endurance pace
Tempo	Run 25 minutes at tempo pace

General Recovery - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Endurance 2	Progressive Run	Rest	Tempo

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Endurance 1	Progressive Run	Rest	Tempo

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Endurance 1	Progressive Run	Endurance 1	Tempo

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Endurance 1	Progressive Run	Endurance 1	Tempo

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 3K at endurance pace
Endurance 2	Run 6 miles or 5K at endurance pace
Tempo	Run 30 minutes at tempo pace
Progressive Run	Run a 3 mile or 5K progressive run

Endurance Improvement - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Progressive Run	Run a 5 mile or 8K progressive run
Long Run	Run 10 miles or 16K at endurance pace

Endurance Improvement - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 4 miles or 6.5K at endurance pace
Endurance 2	Run 7 miles or 11K at endurance pace
Progressive Run	Run a 6 mile or 10K progressive run
Long Run	Run 12 miles or 19K at endurance pace

Endurance Improvement - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 3	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 5 miles or 8K at endurance pace
Endurance 2	Run 8 miles or 13K at endurance pace
Endurance 3	Run 3 miles or 5K at endurance pace
Progressive Run	Run a 7 mile or 11K progressive run
Long Run	Run 14 miles or 23K at endurance pace

Endurance Improvement - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1 General Strength	Rest	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 3	Endurance 1	Endurance 2 General Strength	Progressive Run	Endurance 2 Running Strength	Endurance 1	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 6 miles or 8K at endurance pace
Endurance 2	Run 9 miles or 14K at endurance pace
Endurance 3	Run 3 miles or 5K at endurance pace
Progressive Run	Run an 8 mile or 13K progressive run
Long Run	Run 16 miles or 26K at endurance pace

Stamina Improvement - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 30 minutes at tempo pace
Progressive Run	Run a 4 mile or 6.5K progressive run
Long Run	Run 10 miles or 16K. Run the first 9 miles or 14K at endurance pace and the last 1 mile or 2K at tempo pace.

Stamina Improvement - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 3 x 6 minute repeats at LT pace. Recover between each repeat with 2 minutes of rest
Progressive Run	Run a 5 mile or 8K progressive run
Long Run	Run 10 miles or 16K. Run the first 8 miles or 13K at endurance pace and the last 2 miles or 3K at tempo pace.

Stamina Improvement - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 40 minutes at tempo pace
Progressive Run	Run a 6 mile or 10K progressive run
Long Run	Run 10 miles or 16K. Run the first 7 miles or 11K at endurance pace and the last 3 miles or 5K at tempo pace.

Stamina Improvement - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Progressive Run	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 4 x 6 minute repeats at LT pace. Recover between each repeat with 2 minutes of rest.
Progressive Run	Run a 7 mile or 11K progressive run
Long Run	Run 10 miles or 16K. Run the first 6 miles or 10K at endurance pace and the last 4 miles or 6K at tempo pace.

Speed Improvement - Week 1

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 5 miles or 8K at endurance pace
Tempo/LT	Run 30 minutes at tempo pace
Speed	Run 12 x 30 second repeats at speed pace. Recover between each repeat with 1 minute of rest
Long Run	Run 10 miles or 16K at endurance pace. Finish with 800 meters at speed pace with no recovery.

Speed Improvement - Week 2

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Hill Run General Strength	Rest	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Hill Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Hill Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Hill Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Hill Run	Run 10 x 1 minute repeats up a steep hill. Run at a very hard pace. Recover between each repeat by jogging down the hill.
Speed	Run 8 x 2 minute repeats at speed pace. Recover between each repeat with 2 minutes of rest
Long Run	Run 10 miles or 16K at endurance pace. Then run 800 meters at speed pace with no recovery. Finish with 200 meters at sprint pace.

Speed Improvement - Week 3

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT General Strength	Rest	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Tempo/LT	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Tempo/LT	Run 35 minutes at tempo pace and then speed up to LT pace for 5 more minutes.
Speed	Run 6 x 3 minute repeats at speed pace. Recover between each repeat with 2 minutes of rest
Long Run	Run 10 miles or 16K at endurance pace. Then run 800 meters at speed pace with no recovery. Finish with 400 meters at sprint pace.

Speed Improvement - Week 4

Suggested Workout Sequence - 4 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Hill Run General Strength	Rest	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 5 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Hill Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Rest	Long Run

Suggested Workout Sequence - 6 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Hill Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Suggested Workout Sequence - 7 Workouts Per Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance 1	Hill Run	Endurance 1 General Strength	Speed	Endurance 1 Running Strength	Endurance 2	Long Run

Running Workouts	
Workout	Description
Endurance 1	Run 3 miles or 5K at endurance pace
Endurance 2	Run 6 miles or 10K at endurance pace
Hill Run	Run 5 x 2 minute repeats up a steep hill. Run at a very hard pace. Recover between each repeat by jogging down the hill.
Speed	Run 5 x 4 minute repeats at speed pace. Recover between each repeat with 2 minutes of rest
Long Run	Run 10 miles or 16K at endurance pace. Then run 400 meters at sprint pace.

Strength Training

Strength training is essential in developing speed, power and muscle elasticity which is important for all runners but especially competitive athletes. Successful distance running depends running as efficiently as possible. If you are able to run faster at a lower fractional percentage of your VO_2 max your race pace will improve.

One of the best ways to improve your running efficiency is to improve your running economy. If you run easy, you will win easy. Strength training will improve your running economy, stride length and foot speed. It will also decrease your ground contact time, which will take minutes off your finishing time.

There are three types of strength training I believe you should be performing on a consistent basis - general strength training, running specific strength training and plyometrics. These types of strength training build upon each other. The general strength training improves your overall strength and provides a base to support the next phases of your strength training. Running specific strength will improve the strength of your running specific motions and muscles. Plyometrics are drills and exercises that increase your power and explosive strength.

General Strength Training

Below are the general strength training exercises the I feel are most appropriate for your training program. These exercises build a base of strength that will improve your impact resistance, help you avoid injuries and will build a base of strength for running specific strength exercises and plyometrics.

- Push Ups
- Biceps curl
- Bench Dips
- Supine Lat Pull Ups
- Squats
- Calf Raises
- Core Stabilization

Running Specific Muscle Emphasis (Running Strength)

These exercises strengthen your running specific motions and muscles.

- Bench Step Ups
- One Leg Squats
- Resisted Paw Backs
- Resisted Knee Drive
- Lunges

Running Specific Movements Emphasis (Plyometrics)

These high intensity exercises are very important for improving your running economy and power.

- Running Bound
- Single Leg Forward Hop
- Kangaroo Hops

General Strength Exercises

Push Ups

- Begin face down on the floor supporting yourself with your hands approximately shoulder width apart and your arms extended. Your feet can be together or up to 12 inches apart. Keep your body in a straight, neutral position. Do not arch your back. Contract your abdominal muscles to stabilize your trunk and spine.
- Slowly lower your body until your chest touches the floor. Push off the floor and return to the starting position. Repeat until you are fatigued.
- Breath throughout the exercise. Exhale on the upward portions and inhale on the downward portion.
- Do one set to fatigue.

Stability Ball Push Ups

- These are similar to standard push ups except you do them with your legs elevated on an exercise ball. Place your feet and lower legs on top of an exercise ball and support your upper body with your hands approximately shoulder width apart and your arms extended. Do not arch your back. Contract your abdominal muscles to stabilize your trunk and spine.
- Slowly lower your body until your chin and chest are near the floor. Concentrate on maintaining your stability on the ball. Push off the floor and return to the starting position. Repeat until you are fatigued.
- Breath throughout the exercise. Exhale on the upward portions and inhale on the downward portions.
- Do one set to fatigue.

Biceps Curl

- Standing upright, grasp the weight with your palms facing away from the front of your body. Contract your abdominal muscles to stabilize your trunk and spine. Keep your upper arms against your ribs and perpendicular to the floor.

- Slowly raise the weight by flexing your arms at your elbows. Keep your upper arms stationary. Raise the weight to the limit of your natural motion. Slowly return to the starting position.

- Breath throughout the exercise. Exhale on the upward portions and inhale on the downward portion. Do not arch your back. Keep your body still and straight. Control the weight throughout the exercise.

- Use a weight that takes you to exhaustion in about 15 to 20 repetitions. Do one set.

Bench Dips

- Sit on the bench or step with your palms down and gripping the edge of the bench. Slide your feet out in front of you so that you are supporting yourself on your heels and hands.

- Slowly lower yourself until your elbows are bent to approximately 90 degrees. Keeping your elbows pointing behind you push yourself back up by straightening your arms. Repeat this until you are fatigued. Breath throughout the exercise. Exhale on the upward portions and inhale on the downward portion.

Supine Lat Pull Ups

- A good place to do this exercise is on your treadmill. Lie face up on the deck of your treadmill. Reach up and grab the treadmill handles.
- Contract your core abdominal muscles to stabilize your hips and spine.
- Keeping your body firm and straight, slowly pull yourself up towards the handles of your treadmill.
- Slowly return to the starting position.
- Concentrate on pulling with the latissimus dorsi muscles of your upper back.
- Do one set until exhaustion.

Squats

- Stand in an upright position with your feet shoulder width apart. Hold your chest up and out. Pinch your shoulder blades together. Keep your head up. Contract your abdominal to stabilize your trunk.
- Slowly lower your body by allowing your knees and hips to flex. Maintain an erect body position. Lower your body until your thighs are nearly parallel to the floor. Do not allow your knees to move in front of your toes. As you lower your body raise your arms in front of you.
- Slowly raise your body back up to the starting position by extending your knees and hips. Breath throughout the exercise. Exhale on the upward portions and inhale on the downward portion. Do not arch your back.
- Perform one set of 20 to 30 repetitions.

Calf Raise

- Stand with one foot on a bench or step. Your toes and the ball of your foot should be on the step with your heel hanging off the edge. Hold your other foot up and behind you.

- Extend your foot so that your heel is raised up and your foot is on its toes. Slowly lower your heel until it is slightly below the step and you feel a slight stretch in your calf muscle. Repeat for your desired number of repetitions. Repeat this exercise with the other foot. Breath throughout the exercise. Exhale on the upward portions and inhale on the downward portion.

- Do one set of 20 to 30 repetitions.

Core Stabilization

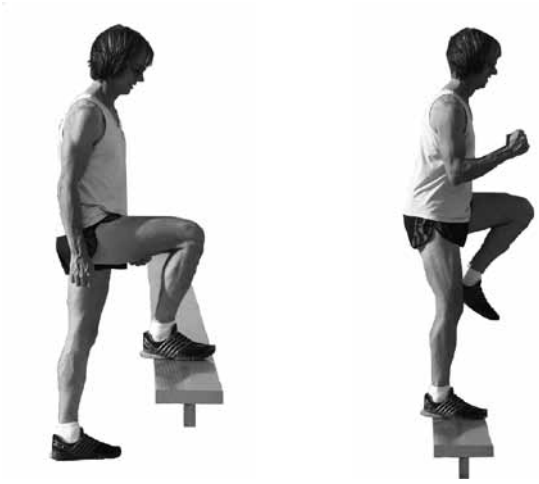
- Lie face down on a mat or on a soft grassy area. Support your weight with your feet and forearms. Tuck your pelvis so that your hips are pressed forward and your body is straight. Hold this position for 20 to 30 seconds.

- Now lift your left arm and hold it straight out so that it is above your head. Hold for 20 to 30 seconds. Return the left arm to the support position and lift your right arm above your head and hold for 20 to 30 seconds. Return the right arm to the support position and lift your left foot off of the mat and hold for 20 to 30 seconds. Return the left foot to the mat and lift the right foot and hold for 20 to 30 seconds.

- Here comes the fun part. Lift your right arm and left foot at the same time. You should now be supporting your body with your left forearm and your right foot. Hold for 20 to 30 seconds. Now return the right arm and left foot to the mat and lift your left arm and right foot. Hold for 20 to 30 seconds.

Running Strength Exercises

Bench Step Ups



- Stand directly in front of a step bench that is 18 to 24 inches high. Place one foot (support foot) flat on the bench. With most of your weight on the heel of your support foot, forcefully push off with the support leg. A the same time drive your other knee up as in a running motion.

- Slowly lower your driving leg back to the ground in the original starting position. Repeat for the desired number of repetitions.

- Repeat this exercise using the other leg as the support leg. Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion. Keep your back in a vertical position. Do not allow the knee of the support leg to extend in front of the foot.

- Do one set of 20 to 30 repetitions.

One Leg Squats

- Contract your abdominal muscles to stabilize your trunk and spine. Place one foot (rear foot) behind you on a bench that is 12 to 18 inches high. Your other foot (forward foot) should be flat on the floor and directly under you.

- Bend your forward knee until it is at approximately a 90-degree angle. Do not let your knee extend in front of your foot. Slowly straighten your forward leg and return to the starting position. Repeat this exercise using the other leg as the lead leg.

- Breath throughout the exercise. Inhale on the downward portions and exhale on the upward portion. Keep your back in a vertical position. Do not allow the knee of the forward leg to extend in front of the foot.

- Do one set of 20 to 30 repetitions.

Resisted Paw Backs

- You can do this exercise using a low cable machine or with exercise tubing. Facing the resistance, support your weight on your left leg. Place your right foot through the low cable strap or tubing strap.
- Pull your right foot back against the resistance and bring your heel up and then drive your right knee back through to the starting position. Your foot and leg should follow a natural running motion.
- Do 20 repetitions with one leg, then repeat with the other leg.
- Use a resistance level that takes you to exhaustion in about 20 repetitions.
- Breath throughout the exercise
- Do not lock your knees at any time during this exercise.

Resisted Knee Drive

- You can do this exercise using a low cable machine or with exercise tubing.
- Facing away from the resistance, support your weight on your left leg. Place your right foot through the low cable strap or tubing strap.
- Drive your right knee forward against the resistance.
- Slowly return your leg to the starting position.
- Use a resistance level that takes you to exhaustion in about 20 repetitions.
- Breath throughout the exercise
- Do not lock your knees at any time during this exercise.

Lunges

- Stand in an upright position. Contract your abdominal muscles to stabilize your trunk and spine. Take a long step forward with one leg. Keep the knee and foot of the forward leg aligned.

- Slowly flex your forward knee until your thigh is parallel to the floor. At the same time lower the knee of your trailing leg toward the floor. Do not allow the knee of the forward leg to extend in front of the foot. The knee of the rear leg should stop approximately 2 inches above the floor. Keep your upper body in a vertical position.

- Forcefully push off with the forward leg and bring it back into position with the trailing leg. You should now be back in the starting position.

- Repeat this exercise using the other leg as the forward leg. Keep your back in a vertical position. Do not allow the knee of the forward leg to extend in front of the foot. Do not lock your knees at any time during this exercise.

- Do one set of 20 to 30 repetitions.

Plyometrics

Running Bound

- Begin by performing an easy run. Push off explosively with your left leg and drive your right knee up and out. Concentrate on driving the knee forward. Strive for maximum distance with each bound. Avoid vertical movement and stay low to the ground.

- Upon landing on the right foot, push off explosively with the right foot, driving the left knee up and out. Repeat this sequence throughout the drill. Remember to try to maximize distance and minimize time on the ground. Try to feel light on your feet. Continue for 50 meters.

Single Leg Forward Hop

- Stand on one foot with the other foot held free and behind your body.

- Quickly drop your body 10 to 12 inches by flexing your knee and rapidly explode upward and forward. Swing your arms forcefully upwards. Land on the same leg and immediately repeat the exercise. Continue for 25 meters.

- Repeat with the other leg.

Kangaroo Hops

- Stand in an upright position with your knees slightly bent.
- Quickly drop your body 10 to 12 inches by flexing your knees and rapidly explode upward and to the front.
- At the highest point of the jump, cycle your feet under your buttocks as in a cycling motion or running motion, but keep your feet together.
- Repeat upon landing and continue for 25 meters. Do 2 or 3 repetitions

Stretching, Warm Up and Cool Down

The most common warm up performed by most runners is a brief easy run to warm up the muscles followed by a series of static stretching. I think that a more efficient warm up for competitive runners is to follow a warm up run with dynamic drills rather than static stretching. There has been a lot of recent research that has suggested that extensive pre run static stretching does very little to prevent running injuries and may also decrease your ability to produce speed and power.

I would recommend first doing a easy warm up run and then do the following dynamic drills. The time to do static stretching is after your training run or race. At that point the static stretching will assist with your cool down and maintain flexibility without adversely affecting your training run or race.

Dynamic Warm Up Drills

Walking Lunge

- Take a long, exaggerated step forward with one leg. Drive your knee high and reach out as far as possible. Slowly flex your forward knee until your thigh is parallel to the ground. At the same time lower the knee of your trailing leg toward the ground. Do not allow the knee of your forward leg to extend in front of your foot. The knee of your trailing leg should stop approximately 2 inches above the ground, not touch the ground. Your upper body should remain in a vertical position.

- Forcefully push off with our forward leg, keeping most of your weight over your forward heel. At the same time cycle your trailing leg through and perform the same motion as described above. Keep performing these cycling motions so that you are moving forward with a walking lunge. Keep going for about 20 meters.

High Knees Drill

- Using a short stride and bouncing on your toes, take a step with an exaggerated high stride. Drive your knee as high as possible on each stride. As you drive your knee high bounce up on the toes of your opposite foot.

- Keep cycling your legs through this motion so that you are moving slowly forward over the ground with the exaggerated high knee motion and bouncing on your opposite foot. Keep going for about 20 meters.

Heel Kick Drill

- Begin by performing a slow jog. Using a short stride and bouncing on your toes, raise your heels as high as possible behind your body. Attempt to bounce your heels off your buttocks.
- Most of the movement should be with your lower leg. Concentrate on raising your heels as high as possible and staying on the balls of your feet with a bouncing motion. Keep moving forward for about 20 meters.

Walking Side Lunge Drill

- This drill is similar to the walking lunge exercise except you will be moving to the side instead of forward. Take a long, exaggerated step sideways with one leg. Slowly flex your lunging knee until your thigh is parallel to the ground. At the same time your trailing leg should remain straight and close to the ground. Your upper body should remain in a vertical position.

- Forcefully push off with your lunging leg, keeping most of your weight over your forward heel. Stand upright and bring your feet back together. Keep performing these motions so that you are moving sideways. Keep going for about 20 meters, then repeat going the opposite direction.

Static Cool Down Stretches

Hamstring Stretch

- Lie on your back in a supine position. Keep your right foot on the ground with your knee bent at 90 degrees.
- Raise your left leg up, grab it below your ankle and pull it toward your shoulders.
- Pull your leg until your feel a slight pull. Hold that position for about 20 seconds. Switch your leg positions and repeat.

Hip Stretch

- This exercise will stretch the iliopsoas muscle on the front of your hip.
- Move your right leg forward until your knee is directly over your ankle. Your left leg should be stretched out behind you with your knee on the ground.
- Now lower and push your hips down and forward to create a gentle stretch.
- Hold this position for 20 to 30 seconds. Switch your leg positions and repeat.

Quadriceps Stretch

- While standing on your left foot, pull your right foot up toward your right hip.
- Keep your lower leg aligned with your thigh. Do not pull your lower leg to the right or left.
- Pull until you feel a gentle stretch.
- Hold this position for 20 to 30 seconds. Switch leg positions and repeat.

Butterfly Stretch

- This is an exercise that will stretch the adductor (groin) muscles of your inner thigh.
- Start in a sitting position with your knees out and the soles of your feet together.
- Grab your toes and pull them gently upward. At the same use your elbows to gently push outward on your knees. You should feel a slight stretch on your inner thigh.
- Hold this position for about 20 to 30 seconds.

Calf Stretch

- There are two muscles in your calf that you should stretch. The largest and most visible muscle is called the gastrocnemius muscle. This is the large one you can see on the back of your lower leg. Underneath your gastrocnemius muscle is your soleus muscle. Your gastrocnemius muscle does most of the work when your knee is straight. When your knee is bent your soleus muscle contributes more work.

- To stretch your gastrocnemius muscle lie face down with your arms supporting your upper body in a push up position. Place your left foot over the back of your right ankle. Keep your right leg straight. With your toes flat on the ground push back so that your right heel is forced towards the ground. Hold that position for 20 to 30 seconds.

- Reverse leg positions and repeat.

- To stretch your soleus muscle perform the same exercise except bend your leg at the knee. This will bring your soleus muscle more into the stretch.