

TRAINING SCHEDULE - WEEK 2

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo Run	Easy Endurance 2	Speed Run	Easy Endurance 2	Hill Run	Long Run
No Strength	Strides	Running Strength	Strides	Plyometrics	Strides	

Running Workouts	
Workout	Description
Easy Endurance 1	6 miles or 10K at easy endurance pace
Easy Endurance 2	8 miles or 13K at easy endurance pace
Tempo Run	Run 6 miles or 10K at tempo pace
Speed Run	After a warm up on a 400 meter track, alternate between running the straights at at easy endurance pace and the corners at sprint pace. Keep up that sequence with no recovery until you can no longer maintain a quality pace.
Hill Run	Run 3 miles up a steady moderate incline at what feels like 5K pace. Your actual pace will be slower due to the incline. Run back down the hill at an easy pace. You can also do this workout on a treadmill at 5% incline.
Long Run	Run 11 miles or 18K. Run the first 10 miles or 16K at endurance pace and the final 1 miles or 2K at goal 5K pace.
Strides	Run 10 x 100 meter strides

Strength Workouts	
Workout	Description
General Strength	None
Running Specific Strength	1 set of running strength
Plyometrics	1 set of plyometrics