

TRAINING SCHEDULE - WEEK 3

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Lactate Turn Point	Easy Endurance 1	Goal Pace Run	Rest	Progressive Run	Long Run
	Strides	Running Strength	Strides	Plyometrics	Strides	

Running Workouts	
Workout	Description
Easy Endurance 1	6 miles or 10K at easy endurance pace
Tempo Run	Run 6 miles or 10K at tempo pace
Goal Pace Run	After a warm up on a 400 meter track, run 2500 meters at tempo pace. The run 2500 meters at goal 5K pace. Recovery between the two sets with 2 minutes of rest
Progressive Run	Run an 6 mile or 10K progressive run
Long Run	Run 10 miles or 16K. Run the first 8 miles or 13K at endurance pace and the final 2 miles or 3K at goal 5K pace.
Strides	Run 8 x 100 meter strides

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