

TRAINING SCHEDULE - WEEK 2

Suggested Workout Sequence - Morning Session						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Endurance 1	Tempo Run	Easy Endurance 2	Speed Run	Easy Endurance 3	Progressive-Run	Long Run
	Strides		Strides		Strides	

Suggested Workout Sequence - Afternoon Session						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35 minutes at endurance pace	30 minutes at endurance pace	35 minutes at endurance pace	30 minutes at endurance pace	35 minutes at endurance pace	30 minutes at endurance pace	None
General Strength		Running Strength		Running Strength		

Running Workouts	
Workout	Description
Easy Endurance 1	6 miles or 10K at easy endurance pace
Easy Endurance 2	6 miles or 10K at easy endurance pace
Easy Endurance 3	4 miles or 6.4K at easy endurance pace
Tempo Run	Run 5 miles or 8K at tempo pace
Speed Run	Warm up with 1600 meters at endurance pace. Then run 1600 meters, alternating between 200 meters at sprint pace and 200 meters at goal 5K pace. Take no recovery between the 200 meter repeats. Repeat this two more times for a total of three sets with 2 minutes of rest between each set. Cool down with 1600 meters at easy endurance pace.
Hill Run	Run 3 miles or 4.8K over rolling, hilly terrain. If you don't have hills in your area do this workout on the treadmill and frequently alternate the elevation.
Long Run	Run 8 miles or 13K. Run the first 7 miles or 11K at endurance pace and the final 1 mile or 2K at goal 5K pace.
Strides	Run 6 x 100 meter strides

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