

TRAINING SCHEDULE - WEEK 1

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Endurance 1	Tempo Run	Easy Endurance 2	Goal Pace Run	Easy Endurance 3	Progressive-Run	Long Run
General Strength	Strides	Running Strength	Strides	Running Strength	Strides	

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 4 miles or 6.4K at tempo pace
Goal Pace Run	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run 10 x 400 meter repeats at goal 5K pace. Recover between each repeat with 1 minute of rest
Progressive Run	Run a 6 mile or 10K progressive run.
Long Run	Run 8 miles at easy endurance pace
Strides	Run 5 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