

TRAINING SCHEDULE - WEEK 2

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

Running Workouts	
Workout	Description
Easy Endurance 1	4 miles or 6.5K at easy endurance pace
Easy Endurance 2	4 miles or 6.5K at easy endurance pace
Tempo Run	Run 3 miles or 5K at tempo pace
Speed Run	Warm up with 1600 meters at endurance pace. Then run 800 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 three more times for a total of four sets with 2 minutes of rest between each set. Cool down with 1600 meters at easy endurance pace.
Hill Run	Run 2 miles or 3.2K 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 6 miles or 10K. Run the first 5.5 miles or 9K at endurance pace and the final .5 mile or 1K at goal 5K pace.
Strides	Run 4 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