I. Strength Focus

The purpose of these three weeks will be to:

• Build strength through running hills

• Get used to running harder over a workout with negative split ladders

Workout Priority: Hills, Track, Long

Week Starting	Track	Hills	Long
May 14, 2012	Mile, 5:00-4:00 (5K pace), 3:00-2:00 (3K pace)	8 x 1:00 hills (hard)	60-75 minutes, easy
May 21, 2012	7:00-6:00 (10K pace), 5:00-4:00 (5K pace), 3:00-2:00 (3K pace)	10 x 1:00 hills (hard)	60-75 minutes, easy; last 10 moderate
May 28, 2012	7:00-6:00 (10K pace), 5:00-4:00 (5K pace), 3:00-2:00 (3K pace)	10 x 1:15 hills (hard)	75-90 minutes, easy

II. Speed Focus

The purpose of these three weeks will be to:

• Speed through 800m repeats @ 3K/2 mile pace

• Build aerobic endurance with tempo runs @ 10K pace

Workout Priority: Track, Tempo, Long

Week Starting	Track	Tempo	Long
Jun 4, 2012	6x800m (3K pace), 3:00 recovery	2x1.5 miles (10K pace)	75-90 minutes, easy; last 15 moderate
Jun 11, 2012	6x800m (3K pace), 3:00 recovery	2x2 miles (10K pace)	90-105 minutes, easy
Jun 18, 2012	6x800m (3K pace), 3:00 recovery	2x2 miles (10K pace)	90-105 minutes, easy; last 20 moderate

III. Specificity Focus

The purpose of these three weeks will be to:

• Build race specific endurance with tempo runs.

• Instill confidence at race pace with a 5K specific track workout.

Workout Priority: Tempo, Track, Long

Week Starting	Track	Tempo	Long
Jun 25, 2012	5x1000m (5K pace), 3:00 recovery	3x1.5 mile (10K pace)	75-90 minutes, easy
Jul 2, 2012	5x1000m (5K pace), 3:00 recovery	3x1 mile (5K pace)	75-90 minutes, easy; last 15 moderate
Jul 9, 2012	60 minutes easy	3x1 mile (5K pace)	race

Key

Paces for Hills and Long Runs
These paces are self-determined, with easy, moderate, and hard exertion levels.

Paces for Track Workouts and Tempo Runs
Using your McMillan chart, use your 10K, 5K, or 3K paces as directed.

Workout Priority
If you have to miss a workout, please choose the lowest priority workout to miss. In this case, it will always be a long run.