

PETE'S PLAN – 3-WEEK ROTATION

	8 X 500 / 3:30 R	~ 8-15 K	5 X 1500 / 5' R	~ 8-15 K	~ 5 K +	~ 8-15 K
WEEK ONE						
	250 – 1K PYR / 1:30 R	~ 8-15 K	4 X 2 K / 5' R	~ 8-15 K	~ 5 K +	~ 8-15 K
WEEK TWO						
	4 X 1 K / 5' T	~ 8-15 K	3, 2.5, 2 K / 5' R	~ 8-15 K	~ 5 K +	~ 8-15 K
WEEK THREE						
	6 X 750 / 3:30 R	~ 8-15 K	3 X 2500 / 5:00 R	~ 8-15 K	10 K	~ 8-15 K
WEEK FOUR						
	SPEED TARGET: (best 5K or previous cycle)	LSD TARGET: END. INT. + 10"	ENDURANCE TARG: (best 8K or previous cycle)	LSD TARGET: END. INT. + 10"	HARD DISTANCE (FREE RATE)	LSD TARGET: END. INT. + 10"