

Long Distance Training Plan

Week:	Mon	Tue	Wed	Thu	Fri	Sat	Sun	MPW:
1	3	4	OFF	3	4	6	OFF	20
2	4	4	5	3	4	7	OFF	27
3	4	5	OFF	2	4	7	OFF	22
4	5	6	7	3	5	8	OFF	34
5	5	5	OFF	3	4	8	OFF	25
6	4	6	7	4	5	9	OFF	35
7	4	6	7	4	tional 2-3	10k TT	OFF	30
8	4	6	8	3	6	11	OFF	35
9	6	7	9	3	5	12	OFF	39
10	6	8	10	5	4	14	OFF	42
11	6	7	9	3	6	12	OFF	40
12	4	5	6	3	tional 2-3	Race - HM	OFF	35

	Easy Runs: Complete the Miles prescribed at conversation pace.
	Hill Sprints after Run: 4x15s (W5), 4x20s (W7), 6x15s (W9), 6x20s (W11)
	Strides following run. Begin with 4, build up to 6-8
	Workout Days (Reference the chart below): 0.75 mile - 1.5 mile warmup and cool
	Race Efforts: Ensure you complete a 1 mile WU and 1 mile cooldown

Workout by Week:		Rep Pace:
3a	3x1 Mile with 90s recovery	
4a	25 minute tempo Run	per mile
5a	4x1 Mile with 90s recovery	
5b	6x400 with 2 minutes recovery	
6a	2x2 mile with 5 mins recovery	per mile
6b	10x200 with 90s recovery	
7a	6x800m with 3 mins recovery	
7b	10k Time Trial:	
8a	12x200m with 90s	
8b	2x2 mile with 5 mins recovery, then 1 mile hard (10-15 faster)	per mile
9a	8x800m with 3 mins recovery	
9b	Last 6 miles of Long Run at HM pace	per mile
10a	6x1 mile with 2 minutes recovery	
11a	35 minute tempo run	per mile
11b	10x800m with 3 mins recovery	
12a	12x400m with 90s recovery	

These Times will be based off your 10k time trial.