Recovery			Pace Level	5k	1500m	potential workouts:		
Secret Support 1 received Su		Recovery	Anyting slower	Anyting slower	Anyting slower	add 1 minute pickups in base phase to runs		
Minor Finduraces Support Vacad distance up 100 58.08 1300 2500 m part on part of p		General Endurance	3 race distances up	steady state to marathon	Half marathon to steady	8x100m at 800m pace		
Specific and page 1 are deduced dawn 2000m 800 miles and 100 miles are deduced dawn 2000m 800 miles are deduced dawn 8		Aeorbic Support	2 race distances up	lactate threshold/ half marathon	10k	6x150 at 800m pace		
December Works 1 Works 2 Works 3 Works 3 Works 3 Works 3 Works 3 Works 3 Works 4 Works 3 Works 4 Works 3 Works 3 Works 4 Works 4 Works 5 Works 4 Works 5 Works 5 Works 5 Works 6 Works 6 Works 7 Works 8 Works 6 Works 7 Works 8 Wo		Direct Endurance Support	1 race distance up	10k	5k-3k	mix mile and 800m pace in specific training		
Administration 100		Specific	race pace	5k	1500	2x500m at mile pace, 100m bound, 200 kick in		
Second Second		Direct Speed Support	1 race distance down	3000m	800			
Necessaria Managelate Warrounds Managelate		Anaerobic Support	2 race distances down	1500m	400			
Manipulate Vorbunts Manipulat		General Speed	3 race distances down	400-800m	100-400			
Manipulate Worknack devocated net:		Neuromuscular	pure speed sprints	100-400m	pure speed	long runs and strength after during mid summer		
Manipular Workers decreased exect decreased ex						pure speed		
decresed rest: ability to recovery clear fatiging by-products increased regist seed. Increased registers and make the seed ability to televise less give increased registers and make the seed ability to televise less give increased registers and make the seed ability to televise restrictions. Increased registers are all the seed ability to televise restrictions. Increased restrictions are all the seed ability to televise restrictions. Increased restrictions.						through may do hip drills	transition to resistance bands	
Increased positions in increased posi		Manipulate Workouts				start strength training in mid may		
Increased rep distance increased specific endorance service increases to select volume: general endurance service increases to select volume: general endurance service increases to select volume: general endurance service increases the selection of the selectio		decreased rest:	ability to recover, clear fatiguing by-products			start speed and hillls mid may		
Increse total volume: general endurance		increased speed:	increased ability to tolerate fatigue			progression and marathon pace		
Sunday						threshold runs late base		
Sunday		increase total volume:	general endurance			steady state		
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday						tempo		
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday								
Week 2								
Sept of Sept		Sunday	Monday	Tuesday				
Sept								
Veek 5 Say run 1500 Say run 15						7.0		
					,	The state of the s		
Sunday						The state of the s	Easy run	Long run
Sunday	Week 5	Easy run/ recovery	Easy run	15 min. at Steady State + 10 min at tempo pace	Easy run	20 minute run and warmup + 5-6x300m at 800m pace w/	3 min rest	
Sunday								
Week 5								
Week 2 Easy run 1 2 2 2 2 2 2 2 2 2		Sunday	Monday	Tuesday	Wednesday	Thursdy		
See								
Supplement Sup			,					
Easy run / recovery Easy run 6x8ct kw / 1.5 min. rest at vLT last 2 @ 3k-5k w / 2.5 min Easy run 6x1350,150) at [800,400] pace w/ [4,3] rest Camel City Inviational Camel City Invited Camel City Invit				The state of the s				
Easy run / recovery Easy run Sunday Monday Tuesday Wednesday Thursdy Friday Saturday			·					
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday	Week 9		Easy run	6-8x1k w/ 1.5 min. rest at vLT last 2 @ 3k-5k w/ 2.5 min	Easy run	6x(350,150) at [800,400] pace w/ [4,3] rest	Camel City Inviational	Camel City Inviational
Sunday Monday Tuesday Easy run Sunday Saturday Satur		Easy run/ recovery						
Sunday Monday Tuesday Easy run Sunday Saturday Satur								
Seek 10 Easy run Seek 10 Easy run Seek 10 Se								
Week 11 Easy run/ recovery Easy run Easy run Easy run 1 Easy run Easy run 1 Easy run Easy run Easy run March pace Easy run Mode to the pace of t		Sunday						
Week 12 Easy run/ recovery Easy run (1600,1k,800) (600,400,200) alternation 3 min after long, 2 after \$Easy run 5-6x4 min. w/ 3 min. rest at 8k for 3-4, and 5k for last 2 Easy run Easy					,			
Week 13 Easy run/ recovery Easy run Eas								
Week 14 Easy run/ recovery Easy run March Tuesday Wednesday Thursdy Friday Saturday Wednesday Thursdy Friday Saturday Week 15 Easy run/ recovery Easy run Monday Monday Tuesday Wednesday Thursdy Friday Saturday Saturday Wednesday Thursdy Friday Saturday Saturday Saturday Week 15 Easy run Easy run S-6x500m at mile pace last 100m at 800 pace Easy run Carolina Relays Carolina Relays Carolina Relays Week 19 Sunday Monday Tuesday Wednesday Thursdy Friday Saturday Saturday Saturday Thursdy Friday Saturday Saturday Thursdy Friday Saturday Monday Tuesday Wednesday Thursdy Friday Saturday Thursdy Friday Saturday Thursdy Friday Saturday Friday Saturday Friday Saturday VeetKlasse				(1600,1k,800) (600,400,200) alternation 3 min after long, 2 after				
Easy run/recovery Easy run								
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday Week 15 Week 15 Week 16 Easy run/recovery Easy run Week 17 Easy run/recovery Easy run Week 17 Easy run/recovery Easy run Week 18 Easy run/recovery Easy run Sunday Monday Tuesday Week 19 Easy run/recovery Easy run April April Sunday Monday Mo	Week 14			5-6x1km w/ 1.5 min. rest at 10k pace + 4x400 at mile 2 min rest	Easy run	8x600m at 3k pace W/ 2 min. rest	Easy run	marathon pace
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday Wek 15 Easy run Carolina Relays Easy run/recovery Easy run Carolina Relays Easy run/recovery Easy run Easy run/recovery Easy run/recovery Easy run Trecovery Easy run Easy run Easy run Easy run Easy run Easy run Trecovery Easy run Easy run Easy run Trecovery Easy run Easy run Easy run Trecovery Easy run Easy run Trecovery Easy run Easy run Trecovery Easy run Trecovery Easy run Easy run Trecovery Easy ru		Easy run/ recovery	Easy run					
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday Wek 15 Easy run Carolina Relays Easy run/recovery Easy run Carolina Relays Easy run/recovery Easy run Easy run/recovery Easy run/recovery Easy run Trecovery Easy run Easy run Easy run Easy run Easy run Easy run Trecovery Easy run Easy run Easy run Trecovery Easy run Easy run Easy run Trecovery Easy run Easy run Trecovery Easy run Easy run Trecovery Easy run Trecovery Easy run Easy run Trecovery Easy ru				Name				
Week 15 Week 16 Week 17 Week 17 Week 18 Week 18 Week 19 Week 1		6	Maria de		We lead	T11	est.	Cat all
Week 16 Easy run/recovery Easy run 4x8 min tempo 2/ 1.5 min. rest Easy run 5-6x500m at mile pace last 100m at 800 pace Easy run Carolina Relays Carolina Relays Carolina Relays Week 17 Easy run/recovery Easy run/recovery Easy run		Sunday	Monday					Saturday
Week 17 Easy run/recovery 6x400m @ mile pace w/ 3 min. rest Easy run								
Week 18 Easy run/ recovery Easy run Eas				·	Lasy run	5-bx500m at mile pace last 100m at 800 pace		Caralina Dali
Week 19 Easy run/ recovery Easy run Eas			6x400m @ mile pace w/ 3 min. rest	Easy run	0.400.400			
April Sunday Monday Tuesday Wednesday Thursdy Friday Saturday VertKlasse VertKlasse			-				Raieign Relays	Kaleign Kelays
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday VertKlasse VertKlasse	week 19	Easy run/ recovery	Leasy run		Lasy run			
Sunday Monday Tuesday Wednesday Thursdy Friday Saturday VertKlasse VertKlasse				April				
VertKlasse VertKlasse						T11	Faida	Caturday
		Cunday	Monday	Tuesday				
recent zo [Lasy run; recuvery]		Sunday	Monday I	Tuesday	Wednesday	Inursay		
	Wook 20		Monday	Tuesday		,	VertKlasse	VertKlasse
	Week 20		Monday	Tuesday		,	VertKlasse	VertKlasse

1500m

potential workouts:

Pace Level

5k