

	Pace Level	5k	1500m	<p>potential workouts: add 1 minute pickups in base phase to runs 8x100m at 800m pace 6x150 at 800m pace mix mile and 800m pace in specific training 2x500m at mile pace, 100m bound, 200 kick in</p> <p>long runs and strength after during mid summer pure speed through may do hip drills start strength training in mid may start speed and hills mid may progression and marathon pace threshold runs late base steady state tempo</p> <p>transition to resistance bands</p>
Recovery	Anything slower	Anything slower	Anything slower	
General Endurance	3 race distances up	steady state to marathon	Half marathon to steady	
Aerobic Support	2 race distances up	lactate threshold/ half marathon	10k	
Direct Endurance Support	1 race distance up	10k	5k-3k	
Specific	race pace	5k	1500	
Direct Speed Support	1 race distance down	3000m	800	
Anaerobic Support	2 race distances down	1500m	400	
General Speed	3 race distances down	400-800m	100-400	
Neuromuscular	pure speed sprints	100-400m	pure speed	
Manipulate Workouts				
decreased rest:	ability to recover, clear fatiguing by-products			
increased speed:	increased ability to tolerate fatigue			
increased rep distance:	increased specific endurance			
increase total volume:	general endurance			

	December					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				Easy run	progression run	Easy run
Week 2	Easy run/ recovery	Easy run	20 min easy + 10 min. tempo + 4x8 sec. hill	Easy run	10x200 at mile pace 200m jog	Long run
Week 3	Easy run/ recovery	Easy run	15 easy + 5 faster + 5 faster + 5 at MP + 10 tempo + 15 easy	Easy run	faster easy run and 4x8 second hill sprints	Long run
Week 4	Easy run/ recovery	Easy run	2x12 minute tempo at vLT w/ 2.5 min rest	Easy run	6-8x150m at 400m pace w/ 3 min rest	Long run
Week 5	Easy run/ recovery	Easy run	15 min. at Steady State + 10 min at tempo pace	Easy run	3-4x100m w/ 3 min. rest + 2x200m w/3 min. rest. at 400m	pace + 1x350 at 800m pace

	January					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5						Easy run
Week 6	Easy run/ recovery	Easy run	3x10 min. tempo 2 min rest	Easy run	2x6x200m w/ [200m,400m] jog	Long run
Week 7	Easy run/ recovery	Easy run	3-4x4x400m at 3k pace w/ [1,4] rest	Easy run	30 easy and 6x200m hard	Easy run
Week 8	Easy run/ recovery	Easy run	6-9x0.25 hill w/ jog back + 4x 15 second hill w/ 2 minute rest	Easy run	4-6x4 min with 3 min rest. 3k+10 sec pace	Wake Forest Invite
Week 9	Easy run/ recovery	Easy run	6-8x1k w/ 1.5 min. rest at vLT last 2 @ 3k-5k w/ 2.5 min	Easy run	4x200 + 2x400 + 1x600 + 2x400 + 4x200	Easy run
	Easy run/ recovery					Camel City Invitational

	February					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 10		Easy run	8-10x300m at mile pace w/ 200m jog	Easy run	3xmile at 10k, 2xmile at 5k w/ 3 min. rest at 5k pace	Long run
Week 11	Easy run/ recovery	Easy run	5x(800,300) at [3k, mile] w/ [3, 1] rest	Easy run	15 mintue tempo at 10k pace + 6x150m at 400m w/ walk	marathon pace
Week 12	Easy run/ recovery	Easy run	600, 500, 400, 300, 200 at mile pace w/ 2 min. rest	Easy run	5-6x4 min. w/ 3 min. rest at 8k for 3-4, and 5k for last 2	UCS Invitational
Week 13	Easy run/ recovery	Easy run	2 mile tempo at 10k+ 5 min. rest + 3-4x200m at 400m pace w/ 4 min	Easy run	6-9x0.25 hill w/ jog back + 4x 15 second hill w/ 2 minute rest	Long run
Week 14	Easy run/ recovery	Easy run	5-6x1600m w/ 3 min. rest	Easy run	8x600m at 3k pace w/ 2 min. rest	marathon pace
	Easy run/ recovery	Easy run				

	March					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 15					5-6x500m at mile pace last 100m at 800 pace	
Week 16			8-10x400m at mile pace w/ 2 min. rest		6-8x1k w/ 1.5 min. rest at vLT	
Week 17						Carolina Relays
Week 18		2x800m at mile pace w/ 4 min. rest + 3x350m at mile pace w/ 2.5 min. rest		8x100-150m at 800m pace. 45 second rest		Raleigh Relays
Week 19						

	April					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 20						VertKlasse
Week 21	Easy run/ recovery			Easy run	6-8x100m at 800m pace. Jog 100 between each.	Easy run
Week 22						Aggie Invitational
Week 23						