			Pace Level	5k	1500m	potential workouts:			
		Recovery	Anyting slower	Anyting slower	Anyting slower	add 1 minute pickups in base phase to runs			
		General Endurance	3 race distances up	steady state to marathon	Half marathon to steady	8x100m at 800m pace			
		Aeorbic Support	2 race distances up	lactate threshold/ half marathon	10k	6x150 at 800m pace			
		Direct Endurance Support		10k	5k-3k	mix mile and 800m pace in specific training			
		Specific	race pace	5k	1500	2x500m at mile pace, 100m bound, 200 kick in			
		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	long runs and strength after during mid summer			
		i coromoscara	pare speed sprines	200 400111	pare speed	pure speed			
						hip drills			
		Manipulate Workouts				start strength training in mid may			
		decreased rest:	ability to recover, clear fatiguing by-products			start speed and hills mid may			
		increased speed:	increased ability to tolerate fatigue			progression and marathon pace			
		increased rep distance:	increased specific endurance			threshold runs late base			
		increase total volume:	general endurance			steady state			
						tempo			
				May					
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Week 1	Easy run/ recovery	Easy run	Easy run + 4x100m strides	Easy run	Easy run + 4x100m strides	Easy run	Long run	
Phase 1	Week 2	Easy run/ recovery	Easy run	Easy run	30-45 minute run + 5-8x10 second hill sprints	w Easy run	Easy run	Long run	
general endurance neuromuscular	Week 3	Easy run/ recovery	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down +	3 min. rest + 15 min. cool down				
i OlliuSculai				June					
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Week 3				Easy run	General endurance and strides	Easy run	Long run	
	Week 4	Easy run/ recovery	Easy run	6 min/3 min, 5 min/3 min, 4/3, 3/2, and 2/2	Easy run	80% length easy run + 4-6(30,20,30) w/ 3 min. rest	Easy run	Long run	
	Week 5	Easy run/ recovery	Easy run	30-45 minute run + 4x10 + 2-3x20 second hill sprints with walk	d Easy run	4x8-10 min. cutdown progression run down to vLT.	Easy run	Long run + pickups	
	Week 6	Easy run/ recovery	Easy run	3-4x200m (5k,3k,mile 800m) [200,400]	Easy run	6 min/3 min, 5 min/3 min, 4/2, 3/2, and 2/2, 1/1	Easy run	Long run	
	Week 7	Easy run/ recovery	Easy run	4-6x(30m-20m-30m) w/ 3 min. rest + 4x150 at 400m pace w/ 25	O(Easy run	10-15x200m at mile pace w/ 200m easy			
	Week 7	Sunday	Monday	July Tuesday	Wednesday	Thursday	Friday	Saturday Marathon pace	
Phase 2	Week 8	Easy run/ recovery		30 min. steady state	-	7-10x 300m hills w/ jog down recovery		Long run	
aeorbic support	Week 9	Easy run/ recovery		45 min. progression run		2x4x200m [3,6] rest at 800m pace		Long run	
	**9 week baseWeek 10	Easy run/ recovery		7-10x 300m hills w/ jog down recovery		2x10-12 min. tempo		Marathon pace	
	**pre comp staWeek 11	Easy run/ recovery		25 minutes at half MP, last 10 at tempo		75% long run at half marathon pace			
	Week 12	Easy run/ recovery							
		Constant	Manda	August	Wednesday	Thursday	Felder	Cabandani	
		Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday	
Phase 3				800m @ 3k pace w/ 4 min. rest					
				4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest		2010 min terms interval of 1 5 min and			
	Week 12	Each run/rocovony	<b>I</b>	4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog		3x10 min. tempo interval w/ 1.5 min. rest		Long run w/ surges	
direct endurance	Week 13	Easy run/ recovery	Facy run/ recovery	4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5k,3k,mile 800m) [200,400]	Easy run/ recovery	4x8 min. tempo interval w/ 1.5 min. rest	Fasy nin/ racoveny	Long run	
direct endurance direct speed	Week 13 Week 14	Easy run/ recovery Easy run/ recovery Fasy run/ recovery	Easy run/ recovery Fasy run/ recovery	4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5k,3k,mile 800m) [200,400] Easy run/ recovery	Easy run/ recovery	4x8 min. tempo interval w/ 1.5 min. rest  Easy run/ recovery	Easy run/ recovery	Long run Easy run/ recovery	
	Week 13		Easy run/recovery Easy run recovery Easy run	4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5k,3k,mile 800m) [200,400]		4x8 min. tempo interval w/ 1.5 min. rest	Easy run/ recovery Easy run/ recovery	Long run	
	Week 13 Week 14 Week 15	Easy run/ recovery Easy run/ recovery	Easy run/ recovery	4x400m @ mile pace w/2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m/ jog 3-4x200m (5k,3k.mile 800m) [200,400] Easy run/ recovery 15 min. tempo w/4 min. rest + 4x400 @ mile pace w/ 2.5 min. n 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400	es Easy run/ recovery	4x8 min. tempo interval w/ 1.5 min. rest  Easy run/ recovery		Long run Easy run/ recovery	
	Week 13 Week 14 Week 15 VO2 Start 6 weWeek 16	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Easy run/ recovery Easy run	4x400m @ mile pace w 1.2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5x,3k.mile 800m) [200,400] Easy run/ recovery.  15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min. n 3x4x400m at 3k pace w/ 1.4 min. rest jog 100 6 400  September	es Easy run/ recovery	4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery 3(1k, 600, 400, 250)@ (8k, 5k, 3k, mile) w/ 2 min.	Easy run/ recovery	Long run Easy run/ recovery Marathon pace	
	Week 13 Week 14 Week 15	Easy run/ recovery Easy run/ recovery	Easy run/ recovery	4x400m @ mile pace w/2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m/ jog 3-4x200m (5k,3k.mile 800m) [200,400] Easy run/ recovery 15 min. tempo w/4 min. rest + 4x400 @ mile pace w/ 2.5 min. n 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400	es Easy run/ recovery Easy run	4x8 min. tempo interval w/ 1.5 min. rest  Easy run/ recovery	Friday	Long run Easy run/ recovery	
	Week 13 Week 14 Week 15 VO2 Start 6 wrWeek 16 Strength end Week 16 Week 17	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Easy run/ recovery Easy run	(8x400m @ mile pace w 1.2 fm m. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5x.3k.mile 800m) [200.400]  1.5 min. tempo w 4 min. rest + 4x400 @ mile pace w 2.5 min. n 3x4400m at 3k pace w 1.4 min. rest jpg 100 6 400  September Tuesday  Sxmile (optional: 4x300 w 1100@13k.mile.800) w/ 300m rest)	es Easy run/ recovery Easy run	Ax8 min. tempo interval w  1.5 min. rest	Easy run/ recovery	Long run Easy run/ recovery Marathon pace  Saturday Long run	ace in middle + last mi
direct speed  Phase 4	Week 13 Week 14 Week 15 VO2 Start 6 wtWeek 16  strength end Week 16 Week 17 **8 week pre Week 18	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery	Easy run / recovery Easy run  Monday Easy run Easy run Easy run	\( 4x400m \) mile pace w 1.2 fm in. rest then 4 min. rest (\) fix300m working down from 3k to mile w/ 300m jog 3-4x200m (5k; 3k; mile 800m) [200.400] \)  1-4x200m (5k; 3k; mile 800m) [200.400] \)  1-5 min. tempo w/ 4 min. rest + 4x400 \( \) mile pace w/ 2.5 min. n 3x4x400m at 3k pace w/ 1.4 min. rest jog 100 & 400  September  Tuesday  Sxmile (optional: 4x300 w/ 100\( \) 108\( \) 3k; mile.800\( \) w/ 300m rest)  4x800. 3x400 .3x200m \( \) 5k w/ (1.5.15.200m)	es Easy run/ recovery Easy run  Wednesday  Easy run Easy run Easy run	4x8 min. tempo interval w  1.5 min. rest	Easy run/ recovery  Friday Easy run Easy run Adidas XC Challenge + hills	Long run Easy run/ recovery Marathon pace  Saturday Long run Long run 2 miles at half marathon pa Easy run	ace in middle + last mi
direct speed	Week 13 Week 14 Week 15 VO2 Start 6 wrWeek 16 Strength end Week 16 Week 17	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery	Easy run / recovery: Easy run  Monday  Easy run	\( 4x400m \) mile pace w 1.2 fm in. rest then 4 min. rest (\) fix300m working down from 3k to mile w/ 300m jog 3-4x200m (5k; 3k; mile 800m) [200.400] \)  1-4x200m (5k; 3k; mile 800m) [200.400] \)  1-5 min. tempo w/ 4 min. rest + 4x400 \( \) mile pace w/ 2.5 min. n 3x4x400m at 3k pace w/ 1.4 min. rest jog 100 & 400  September  Tuesday  Sxmile (optional: 4x300 w/ 100\( \) 108\( \) 3k; mile.800\( \) w/ 300m rest)  4x800. 3x400 .3x200m \( \) 5k w/ (1.5.15.200m)	es Easy run/ recovery Easy run Wednesday Easy run	Ax8 min. tempo interval w 1.5 min. rest Easy run/ recovery 3(1k; 600, 400, 250) ⊕ (8k, 5k; 3k; mile) w/2 min.  Thursday 5x1k w 1.5 min. rest + 2x1k w 2.5 min. ⊕ 8k hill loop at Gorthea dix	Easy run/ recovery  Friday Easy run Easy run	Long run  Saturday Long run 2 miles at half marathon pa	vace in middle + last mi
direct speed  Phase 4	Week 13 Week 14 Week 15 VO2 Start 6 wtWeek 16  strength end Week 16 Week 17 **8 week pre Week 18	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery	Easy run / recovery Easy run  Monday Easy run Easy run Easy run	4x400m @ mile pace w 1.2 fm m. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5k,3k.mile 800m) [200.400] [200.40	es Easy run/ recovery Easy run  Wednesday  Easy run Easy run Easy run	4x8 min. tempo interval w 1.5 min. rest	Easy run/ recovery  Friday Easy run Easy run Adidas XC Challenge + hills	Long run Easy run/ recovery Marathon pace  Saturday Long run Long run 2 miles at half marathon pa Easy run	ace in middle + last mi
direct speed	Week 13 Week 14 Week 15 VO2 Start 6 wtWeek 16  strength end Week 16 **8 week pre Week 18 **competition Week 19	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Easy run / recovery Easy run  Easy run  Easy run  15 min. tempo + 3-5x500m at mile pace with 300m recove	4x400m @ mile pace w 1.2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5k.3k.mile 800m) [200.400] Easy run/ recovery.  15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min. n 3x4x400m at 3k pace w/ 1.4 min. rest jog 100 6 400  September Tuesday  Sxmile (optomal: 4x300 w / 100@ (3k.mile, 800) w / 300m rest) 4x800, 3x400, 3x200m @ 5k w / (1.5,15,200m)  y/ Say run	es Easy run/ recovery Easy run  Wednesday  Easy run Easy run Easy run	4x8 m.i. tempo interval w 1.5 min. rest Easy run/ recovery 3/1k, 600, 400, 250 ) ⊕ (8k, 5k, 3k, mile) w/2 min. Thursday 5x1k w 1.5 min. rest + 2x1k w/2.5 min. ⊕ 8k hill loop at dorthea dix Easy run Easy run	Friday Easy run Easy run Adidas XC Challenge + hills Easy run	Long run Easy run/ recovery Marathon pace  Saturday Long run Long run 2 miles at half marathon pa Easy run	ace in middle + last mi
direct speed Phase 4	Week 13 Week 14 Week 15 VO2 Start 6 wtWeek 16  strength end Week 16 **8 week pre Week 18 **competition Week 19	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Easy run / recovery Easy run  Easy run  Easy run  15 min. tempo + 3-5x500m at mile pace with 300m recove	4x400m @ mile pace w 1.2 fm m. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5k,3k.mile 800m) [200.400] [200.40	es Easy run/ recovery Easy run  Wednesday  Easy run Easy run Easy run	4x8 m.i. tempo interval w 1.5 min. rest Easy run/ recovery 3/1k, 600, 400, 250 ) ⊕ (8k, 5k, 3k, mile) w/2 min. Thursday 5x1k w 1.5 min. rest + 2x1k w/2.5 min. ⊕ 8k hill loop at dorthea dix Easy run Easy run	Friday Easy run Easy run Adidas XC Challenge + hills Easy run	Long run Easy run/ recovery Marathon pace  Saturday Long run Long run 2 miles at half marathon pa Easy run	sace in middle + last mi
direct speed  Phase 4	Week 13 Week 14 Week 15 VO2 Start 6 wtWeek 16  strength end Week 16 **8 week pre Week 18 **competition Week 19	Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery	Easy run Monday  Easy run Easy run Easy run Easy run Easy run 15 min. tempo + 3-5x500m at mile pace with 300m recove 2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re	4x400m @ mile pace w 1.2 fm m. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5x,3k.mile 800m)   200,400	es Easy run (recovery Easy run Wednesday Easy run Easy run 30-40 min fartlek	Ax8 min. tempo interval w 1.5 min. rest Easy run / recovery 3(1k, 600, 400, 250 ) @ (8k, 5k, 3k, mile) w / 2 min.  Thursday 5x1k w 1.5 min. rest + 2x1k w / 2.5 min. @ 8k hill loop at dorthea dix Easy run Easy run Easy run Thursday	Easy run/ recovery  Friday Easy run	Long run  Saturday  Long run 2 miles at half mare thon pa  Rasy run  KCSU Club	ace in middle + last mi
direct speed  Phase 4	Week 13 Week 14 Week 15 VO2 Start 6 weWeek 16  strength end Week 16 Week 17 **8 week pre Week 18 **competition Week 19 Week 20	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery  Sunday	Easy run Monday  Easy run Easy run Easy run Easy run Easy run 15 min. tempo + 3-5x500m at mile pace with 300m recove 2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re	[4x400m @ mile pace w I.2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5k.3k.mile 800m) [200.400]  1.5 min. tempo w I.4 min. rest + 4x400 @ mile pace w I.2.5 min. n 3x44000m at 3k pace w I.4.4 min. rest jog 100 6. 400  September Tuesday  Sxmile (optional: 4x300 w J.100@/3k.mile.800] w J.300m rest) 4x800, 3x400, 3x200m @ 5k w/ [1.5.1.5,200m]  Yeary run  October Tuesday	es Easy run (recovery Easy run Wednesday Easy run Easy run 30-40 min fartlek	As8 min. tempo interval w  1.5 min. rest	Easy run/ recovery  Friday Easy run	Long run  Saturday Long run 2 miles at half marethon pa Easy run NCSU Club  Saturday Long run 2 miles at half marethon pa Easy run MCSU Club  Saturday Haganstone	oace in middle + last mi
direct speed  Phase 4	Week 13 Week 15 VO2 Start 6 w/Week 16 Strength end Week 16 Week 16 **8 week pre Week 18 **competition Week 19 Week 20 Week 20 plyometric sta/Week 21	Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery	Easy run Monday  Easy run Easy run Easy run Easy run Easy run 15 min. tempo + 3-5x500m at mile pace with 300m recove 2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re	4x400m @ mile pace w 1.2 fm m. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5x,3k.mile 800m)   200,400	es Easy run (recovery) Easy run Wednesday Easy run Easy run 30-40 min fartlek Wednesday	Ax8 min. tempo interval w 1.5 min. rest Easy run / recovery 3(1k, 600, 400, 250 ) @ (8k, 5k, 3k, mile) w / 2 min.  Thursday 5x1k w 1.5 min. rest + 2x1k w / 2.5 min. @ 8k hill loop at dorthea dix Easy run Easy run Easy run Thursday	Easy run/ recovery  Friday Easy run	Long run Easy run recovery Marathon pace  Saturday Long run 2 miles at half mare Easy run NCSU Club  Saturday Haganstone Long run	sace in middle + last mi
direct speed  Phase 4	Week 13 Week 14 Week 15 VO2 Start 6 weWeek 16  strength end Week 16 Week 17 **8 week pre Week 18 **competition Week 19 Week 20  plyometric staWeek 21 Week 20	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery  Easy run/ recovery	Easy run / recovery Easy run  Monday  Easy run  Easy run  15 min. tempo + 3-5x500m at mile pace with 300m recove  2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re  Monday	[4x400m @ mile pace w I.2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5k.3k.mile 800m) [200.400]  1.5 min. tempo w I.4 min. rest + 4x400 @ mile pace w I.2.5 min. n 3x44000m at 3k pace w I.4.4 min. rest jog 100 6. 400  September Tuesday  Sxmile (optional: 4x300 w J.100@/3k.mile.800] w J.300m rest) 4x800, 3x400, 3x200m @ 5k w/ [1.5.1.5,200m]  Yeary run  October Tuesday	es Easy run Easy run Wednesday Easy run Easy run Easy run 30-40 min fartlek Wednesday	As8 min. tempo interval w  1.5 min. rest	Easy run/ recovery  Friday Easy run	Long run  Saturday Long run Long run 2 miles at half marethon pa Easy run NCSU Club  Saturday Long run 2 miles at half marethon pa Easy run MCSU Club  Saturday Haganstone Long run Long run Long run Long run Long run Long	ace in middle + last mi
direct speed	Week 13 Week 15 VO2 Start 6 w/Week 16 Strength end Week 16 Week 16 **8 week pre Week 18 **competition Week 19 Week 20 Week 20 plyometric sta/Week 21	Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery	Easy run Monday  Easy run Easy run Easy run Easy run Easy run 15 min. tempo + 3-5x500m at mile pace with 300m recove 2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re	[4x400m @ mile pace w I.2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5k.3k.mile 800m) [200.400]  1.5 min. tempo w I.4 min. rest + 4x400 @ mile pace w I.2.5 min. n 3x44000m at 3k pace w I.4.4 min. rest jog 100 6. 400  September Tuesday  Sxmile (optional: 4x300 w J.100@/3k.mile.800] w J.300m rest) 4x800, 3x400, 3x200m @ 5k w/ [1.5.1.5,200m]  Yeary run  October Tuesday	es Easy run (recovery) Easy run Wednesday Easy run Easy run 30-40 min fartlek Wednesday	As8 min. tempo interval w  1.5 min. rest	Easy run/ recovery  Friday Easy run	Long run Easy run recovery Marathon pace  Saturday Long run 2 miles at half mare Easy run NCSU Club  Saturday Haganstone Long run	aace in middle + last mi
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direct speed	Week 13 Week 15 VO2 Start 6 wWeek 16 strength end Week 16 Week 16 ***Competition Week 19 Week 20  Week 20  plyometric sta Week 21 taper start Week 22 taper start Week 24	Easy run/ recovery	Easy run  Monday  Easy run  Easy run  Easy run  Easy run  2x10 min. tempo + 3-5x500m at mile pace with 300m recove  2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re  Monday  workout	4x400m @ mile pace w 1.2 fm m. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5x,3k,mile 800m);200.4001 jg 3-4x200m (5x,3k,mile 800m);200.4001 jg 1.5 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min. n 3x4x400m at 3k pace w 1.4 min. rest jog 100 6 400  September Tuesday  \$xmile (optional: 4x300 w/ 100@;1k, mile 800) w/ 300m rest) 4x800, 3x400, 3x200m @ 5k w/ (1.5,1.5,200m)  y Sayr un  October Tuesday  November	es Easy run (recovery Easy run Wednesday Easy run Easy run 30-40 min fartlek  Wednesday  3x3k at 10k w/ 2 min. workout	Ax8 min. tempo interval w 1.5 min. rest Easy run / recovery 3(1/k, 600, 400, 250 ) @ (8k, 5k, 3k, mile) w/ 2 min.  Thursday 5x1k w/ 1.5 min. rest + 2x1k w/ 2.5 min. @ 8k hill loop at dorthea dix Easy run Easy run Thursday 15 minute at 10k + 4-5x800m at 3k pace w/ 2 min. rest + plyometrics	Friday Fasy run Friday	Long run Easy run/recovery Marathon pace  Saturday Long run 2 miles at half marathon pa Easy run MCSU Club  Saturday Haganstone Long run L	oace in middle + last mi
direct speed	Week 13 Week 15 VO2 Start 6 wWeek 16  strength end Week 16 Week 17 **8 week pre Week 18 **competition Week 19 Week 20  Week 20  plyometric sta Week 21 taper start Week 23 Week 24 Week 25	Easy run/ recovery	Easy run / recovery Easy run  Monday  Easy run  Easy run  15 min. tempo + 3-5x500m at mile pace with 300m recove  2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re  Monday	(8x400m @ mile pace w 1.2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jgg 3-4x200m (5x,3k,mile 880bm) [200,400] gg 3-4x200m (5x,3k,mile 880bm) [200,400] gm [3k,3k,700m at 3k pace w 1.4 min. rest + 4x400 @ mile pace w 2.5 min. rs 3x4x400m at 3k pace w 1.4 min. rest jog 100 6 400  September Tuesday  Samile (optional: 4x300 w 100@[3k,mile,800] w/ 300m rest) 4x800, 3x400, 3x200m @ 5k w/ [1.5,1.5,200m] y Easy run  st Easy run  ot Easy run  ot Easy run  ot Easy run  7.12x400m hill reps	es Easy run (necovery) Easy run Wednesday Easy run Easy run 30-40 min fartlek Wednesday  3x3k at 10k w/ 2 min. workout Wednesday	As8 min. tempo interval w  1.5 min. rest	Easy run/recovery  Friday Easy run Easy run Easy run Easy run Easy run Friday  Friday	Long run Easy run/recovery Marathon pace  Saturday Long run Long run 2 miles at half marathon pa Easy run NCSU Club  Saturday Haganstone Long run Long run Long run Long run Long run Long run Saturday Saturday Saturday Saturday	ace in middle + last mil
direct speed	Week 13 Week 15 VO2 Start 6 wWeek 16 strength end Week 16 Week 16 ***Competition Week 19 Week 20  Week 20  plyometric sta Week 21 taper start Week 22 taper start Week 24	Easy run/ recovery	Easy run  Monday  Easy run  Easy run  Easy run  Easy run  2x10 min. tempo + 3-5x500m at mile pace with 300m recove  2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. re  Monday  workout	4x400m @ mile pace w 1.2 fm m. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jg 3-4x200m (5x,3k,mile 800m);200.4001 jg 3-4x200m (5x,3k,mile 800m);200.4001 jg 1.5 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min. n 3x4x400m at 3k pace w 1.4 min. rest jog 100 6 400  September Tuesday  \$xmile (optional: 4x300 w/ 100@;1k, mile 800) w/ 300m rest) 4x800, 3x400, 3x200m @ 5k w/ (1.5,1.5,200m)  y Sayr un  October Tuesday  November	es Easy run (recovery Easy run Wednesday Easy run Easy run 30-40 min fartlek  Wednesday  3x3k at 10k w/ 2 min. workout	Ax8 min. tempo interval w 1.5 min. rest Easy run / recovery 3(1/k, 600, 400, 250 ) @ (8k, 5k, 3k, mile) w/ 2 min.  Thursday 5x1k w/ 1.5 min. rest + 2x1k w/ 2.5 min. @ 8k hill loop at dorthea dix Easy run Easy run Thursday 15 minute at 10k + 4-5x800m at 3k pace w/ 2 min. rest + plyometrics	Friday Fasy run Friday	Long run Easy run/recovery Marathon pace  Saturday Long run 2 miles at half marathon pa Easy run MCSU Club  Saturday Haganstone Long run L	ace in middle + last milt