

Recovery	Pace Level	5k	1500m
General Endurance	Anything slower	Anything slower	Anything slower
Aerobic Support	3 race distances up	steady state to marathon	Half marathon to steady
Direct Endurance Support	2 race distances up	lactate threshold/ half marathon	10k
Specific	1 race distance up	10k	5k-3k
Direct Speed Support	race pace	5k	1500
Anaerobic Support	1 race distance down	3000m	800
General Speed	2 race distances down	1500m	400
Neuromuscular	3 race distances down	400-800m	100-400
	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			

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

long runs and strength after during mid summer
pure speed
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

		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
Week 2	Easy run/ recovery	Easy run	Easy run	30-45 minute run + 5-8x10 second hill sprints w	Easy run	Long run
Week 3	Easy run/ recovery	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down + 8 min. rest + 15 min. cool down			Long run

			June			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						Saturday
Week 3				Easy run	General endurance and strides	Easy 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	Long run
Week 5	Easy run/ recovery	Easy run	30-45 minute run + 4x10 + 2-3x20 second hill sprints with walk	Easy run	4x8-10 min. cutdown progression run down to vLT.	Long run
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	Long run + pickups
Week 7	Easy run/ recovery	Easy run	4-6x(30m-20m-30m) w/ 3 min. rest + 4x150 at 400m pace w/ 2	Easy run	10-15x200m at mile pace w/ 200m easy	Long run

			July			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						Saturday
Week 7	Easy run/ recovery		30 min. steady state		7-10x 300m hills w/ jog down recovery	Marathon pace
Week 8	Easy run/ recovery		45 min. progression run		2x4x200m [3,6] rest at 800m pace	Long run
Week 9	Easy run/ recovery		7-10x 300m hills w/ jog down recovery		2x10-12 min. tempo	Long run
**9 week bas	Easy run/ recovery		25 minutes at half MP, last 10 at tempo		75% long run at half marathon pace	Marathon pace
**pre comp 5	Easy run/ recovery					
Week 12	Easy run/ recovery					

			August			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						Saturday
Week 12			800m @ 3k pace w/ 4 min. rest			
Week 13			4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest			Long run w/ surges
Week 14	Easy run/ recovery		6x300m working down from 3k to mile w/ 300m jog		3x10 min. tempo interval w/ 1.5 min. rest	Long run
Week 15	Easy run/ recovery	Easy run/ recovery	3-4x200m (5k,3k,mile 800m) [200,400]		4x8 min. tempo interval w/ 1.5 min. rest	Long run
Week 16	Easy run/ recovery	Easy run/ recovery	15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min. rest	Easy run/ recovery	Easy run/ recovery	Easy run/ recovery
VO2 Start 6 w	Easy run/ recovery	Easy run	3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400	Easy run/ recovery	3(1k, 600, 400, 250) @ (8k, 5k, 3k, mile) w/ 2 min.	Marathon pace

			September			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						Saturday
Week 16	Easy run/ recovery		5xmile (optional: 4x300 w/ 100@[3k,mile,800] w/ 300m rest)	Easy run	5x1k w/ 1.5 min. rest + 2x1k w/ 2.5 min. @ 8k	Long run
Week 17	Easy run/ recovery	Easy run	4x800, 3x400, 3x200m @ 5k w/ [1.5,1.5,200m]	Easy run	hill loop at dortha dix	Long run 2 miles at half marathon pace in middle + last mile
**8 week pre	Easy run/ recovery	Easy run			Easy run	
**competitio	Easy run/ recovery	5x4 min. w/ 3 min rest at 5k pace				Adidas XC Challenge + hills
plyometric st	Easy run/ recovery					NCSU Club + hills
Week 20	Easy run/ recovery					

			October			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						Saturday
Week 20						Haganstone
Week 21	Easy run/ recovery					
Week 22	Easy run/ recovery					
Week 23	Easy run/ recovery					REGIONALS
Week 24	Easy run/ recovery					

			November			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						Saturday
Week 24						
Week 25	Easy run/ recovery					NATIONALS

Phase 1
general endurance
neuromuscular

Phase 2
aerobic support
anaerobic support

Phase 3
direct endurance
direct speed

Phase 4
specific training

strength end

taper start