

		<div><div>Pace Level</div><div>Recovery</div><div>General Endurance</div><div>Aerobic Support</div><div>Direct Endurance Support</div><div>Specific</div><div>Direct Speed Support</div><div>Anaerobic Support</div><div>General Speed</div><div>Neuromuscular</div></div> <div><div>Anyting slower</div><div>3 race distances up</div><div>2 race distances up</div><div>1 race distance up</div><div>1 race distance down</div><div>2 race distances down</div><div>3 race distances down</div><div>pure speed sprints</div></div>	<div><div>5k</div><div>Anyting slower</div><div>steady state to marathon</div><div>lactate threshold/ half marathon</div><div>10k</div><div>5k</div><div>3000m</div><div>1500m</div><div>400-800m</div><div>100-400m</div></div>	<div><div>1500m</div><div>Anyting slower</div><div>Half marathon to steady</div><div>10k</div><div>5k-3k</div><div>1500</div><div>800</div><div>400</div><div>100-400</div><div>pure speed</div></div>	<div><div>potential workouts:</div><div>add 1 minute pickups in base phase to runs</div><div>8x100m at 800m pace</div><div>8x150 at 800m pace</div><div>mix mile and 800m pace in specific training</div><div>2x500m at mile pace, 100m bound, 200 kick in</div><div>long runs and strength after during mid summer</div><div>pure speed</div><div>hip drills</div><div>start strength training in mid may</div><div>start speed and hills mid may</div><div>progression and marathon pace</div><div>threshold runs late base</div><div>steady state</div><div>tempo</div></div>		
		<div><div>Manipulate Workouts</div><div>decreased rest:</div><div>increased speed:</div><div>increased rep distance:</div><div>increase total volume:</div></div> <div><div>ability to recover, clear fatiguing by-products</div><div>increased ability to tolerate fatigue</div><div>increased specific endurance</div><div>general endurance</div></div>					
		<div><div>Sunday</div><div>Monday</div><div>Tuesday</div><div>Wednesday</div><div>Thursday</div><div>Friday</div><div>Saturday</div></div>					
Phase 1	Week 1	Easy run/ recovery	Easy run	Easy run + 4x100m strides	Easy run	Easy run + 4x100m strides	Easy run
general endurance	Week 2	Easy run/ recovery	Easy run	Easy run	10-45 minute run + 5-8x10 second hill sprints with walk down + 3 m	Easy run	Easy run
neuromuscular	Week 3	Easy run/ recovery	Easy run	10-45 minute run + 5-8x10 second hill sprints with walk down + 3 m	Easy run	Easy run	Easy run
	Week 3	Sunday	Monday	<div> <div>June Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> <div>Saturday</div> </div>			
	Week 4	Easy run/ recovery	Easy run	6 min/3 min, 5 min/3 min, 4/3, 3/2, and 2/2	Easy run	General endurance and strides	Easy run
	Week 5	Easy run/ recovery	Easy run	30-45 minute run + 4x10 + 2-3x20 second hill sprints with walk down	Easy run	80% length easy run + 4-6x(20-30) w/ 3 min. rest	Easy run
	Week 6	Easy run/ recovery	Easy run	3-4x200m (5k, 3k, mile, 800m) [200, 400]	Easy run	4x8-10 min. cutdown progression run down to vlt	Easy run + pickups
	Week 7	Easy run/ recovery	Easy run	4-6x(30m-20m-30m) w/ 3 min. rest + 4x150 at 400m pace w/ 250m	Easy run	6 min/3 min, 5 min/3 min, 4/2, 3/2, and 2/2, 1/1	Easy run
						10-15x200m at mile pace w/ 200m easy	
Phase 2	Week 7	Sunday	Monday	<div> <div>July Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> <div>Saturday</div> </div>			
aerobic support	Week 8	Easy run/ recovery	Easy run	30 min. steady state		7-10x 300m hills w/ jog down recovery	Marathon pace
anaerobic support	Week 9	Easy run/ recovery	Easy run	45 min. progression run		2x4x200m (1.6) rest at 800m pace	Easy run
	Week 10	Easy run/ recovery	Easy run	7-10x 300m hills w/ jog down recovery		2x10-12 min. tempo	Marathon pace
	Week 11	Easy run/ recovery	Easy run	25 minutes at half MP, last 10 at tempo		75% long run at half marathon pace	
	Week 12	Easy run/ recovery	Easy run				
	Week 12	Sunday	Monday	<div> <div>August Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> <div>Saturday</div> </div>			
	Week 12	Easy run/ recovery	Easy run	800m @ 3k pace w/ 4 min. rest		3x10 min. tempo interval w/ 1.5 min. rest	Long run w/ surges
direct endurance	Week 13	Easy run/ recovery	Easy run	4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest		4x8 min. tempo interval w/ 1.5 min. rest	Easy run
direct speed	Week 14	Easy run/ recovery	Easy run	6x300m working down from 3k to mile w/ 300m jog	Easy run/ recovery	Easy run/ recovery	Long run/ recovery
	Week 15	Easy run/ recovery	Easy run	3-4x200m (5k, 3k, mile, 800m) [200, 400]	Easy run	Easy run	Marathon pace
VO2 Start 6 w	Week 16	Easy run/ recovery	Easy run	15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min. rest	Easy run/ recovery	Easy run/ recovery	Easy run/ recovery
				3-4x400m at 3k pace w/ 1.4 min. rest jog 100 & 400	Easy run	100- 600- 400- 250 jog (8k, 5k, 3k, mile) w/ 2 min.	Easy run/ recovery
	Week 16	Sunday	Monday	<div> <div>September Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> <div>Saturday</div> </div>			
strength end	Week 16	Easy run/ recovery	Easy run	3x1k w/ 1.5 min. rest + 2x1k w/ 2.5 min. @ 8k	Easy run	Easy run	Long run
	Week 17	Easy run/ recovery	Easy run	3xmile (optional, 4x300 w/ 100g(1k, mile, 800) w/ 300m rest)	Easy run	Easy run	Long run 2 miles at half marathon pace in middle + last mile
Phase 4	Week 18	Easy run/ recovery	Easy run	4x400, 3x400, 3x200m @ 5k w/ (1.5, 1.5, 200m)	Easy run	Adidas XC Challenge + hills	Easy run
specific training	Week 19	Easy run/ recovery	Easy run	30-40 min fartlek	Easy run	Easy run	NCSU Club
	Week 20	Easy run/ recovery	Easy run	Easy run	Easy run	Easy run	
	Week 20	Sunday	Monday	<div> <div>October Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> <div>Saturday</div> </div>			
	Week 20	Easy run/ recovery	Easy run	7-12x400m hill reps	Easy run	15 minute at 10k + 4-5x800m at 3k pace w/ 2 min. rest + plyometrics	Pygmastone
plyometric 2a	Week 21	Easy run/ recovery	Easy run	3x3k at 10k w/ 2 min. (men)			Long run
	Week 22	Easy run/ recovery	Easy run	2x2k @ 8k pace w/ 2.5 min. rest + 2x1k from 10k-5k w/ 100m jog	Easy run	3x1600m @ 5k-10 sec. w/ 300m jog + 300m @ 5k-25 sec. w/ 4 minute rest	Longest run
taper start	Week 23	Easy run/ recovery	Easy run	1x @ 8k w/ 400m easy + 5-8x200 @ 5k w/ 200 easy +800 easy + 2x400m	Easy run	Easy 20 + 3x400m at 5k pace w/ 45 second rest	REGIONALS
	Week 24	Easy run/ recovery	Easy run	3x4x200 + 2x1200m			
	Week 25	Easy run/ recovery	Easy run	200s at (3k, mile, 800m) w/ 100m jog between reps & 400m jog between sets		6x1k hills at dorthea dix w/ 1 min. rest + plyometrics	Easy run
				1200s at 5k pace w/ 45-75 sec. rest			
	Week 25	Sunday	Monday	<div> <div>November Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> <div>Saturday</div> </div>			
	Week 25	Easy run/ recovery	Easy run	4x500m @ 3k w/ 1.5 min. rest + 3xmile @ 5k w/ 2 min. rest	Easy run	3-4x2k at vlt w/ 1.5 min. rest + plyometrics	Easy run
	Week 26	Easy run/ recovery	Easy run	1k, 4x400 + 4x150	Easy run	Easy and strides	hour run + strides
						shakeout in morning	NATIONALS