		Recovery General Endurance Aeorbic Support Direct Endurance Support Specific Direct Specific Direct Specific Direct Speed Support Anaerobic Support General Speed Neuromuscular Manipulate Workouts	Pace Luel Anyting slower 3 race distances up 2 race distances up 1 race distances up 1 race distance up 1 race distance up 1 race distance down 2 race distance down 3 race distances down 3 race distances down pure speed sprints	Sk Anyring slower steady state to marathon lactate threshold/ half marathon 10k 5k 3000m 1500m 400-8000m 100-400m	1500m Anyling slower Half marathon to steady 10k 1500 800 400 100-400 pure speed	potentials workout add 1 minute priduxy in base phase to runs 8x00m at 800m pace 6x150 at 800m pace 6x150 at 800m pace ins mile and 800m pace in specific training 2x500m at mile pace, 100m bound, 200 kick	details 30-45 sec. rest 45 sec. rest ir 5 min. rest		
		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						
				Novemeber				Total Mileage	
		Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday	
ise 1	Week 1								
eral endurance	Week 2	recovery / easy run	Easy run and strides	Easy run	Easy run	Easy run and strides	Easy run	Easy run	
ıromuscular	Week 3	recovery / easy run	Easy run and strides	Easy run	Easy run	Easy run and strides	Easy run	Easy run	
	Week 4	recovery / easy run	Easy run and strides	Easy run	Easy run	easy run + 5-8x20 sec hills	Easy run	Long run	
	Week 5	recovery / easy run			1		1		
				December					Total N
		Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday	
	Week 5		Easy run and strides	Easy run and strength/core	Easy run	run, 5-8x10 sec, 2-3x20 sec hills	Easy run and strength	Long run	
	Week 6	recovery / easy run	Easy run and strides	Easy run	Easy run and strength/core	easy run + 5-8x60m sprints	Easy run	Marathon pace	
ise 2	Week 1	recovery / easy run	20 min. tempo and strides	Easy run and strength/core	Easy run	run, 5-8x10, 2-3x20 sec hills	Easy run and strength	Long run	
orbic support	Week 2	recovery / easy run	30 min. steady state and strides	Easy run	Easy run and strength/core	easy run + 5-8x100m sprints	Easy run	Marathon pace	
eorbic support	Week 3	recovery / easy run	2x12-15 min. tempo interval 3 min rest and strides	Easy run and strength/core	Easy run				
				January					Total M
		Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday	
	Week 3					easy run+2x4-6x200m [200,400] rest	Easy run and strength	Long run	
	Week 4	recovery / easy run	35 min. steady state and strides	Easy run and strength/core	Easy run	easy run + 6x200m	Easy run and strides	Race	
	Week 5	recovery / easy run	25 min. tempo, 5 min. at 10k, strides	Easy run	Easy run	3x3-4x300m (1,4 min) rest	Easy run and strength	Race	
	Week 6	recovery / easy run	Easy run and strength/core	3x3k w/ 5 min. rest and strides	Easy run	4x4x400m [1,4 min] rest	Easy run	Long run	
ise 3	Week 1	recovery / easy run	4-6x4 min with 3 min rest. Alternate [5k,3k]	Easy run	Easy run	easy run + 6x200m	Easy run	Race	
				February					Total M
		Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday	
ect endurance	Week 2	recovery / easy run	1000m, 400m, 800m 300m, 600, 200m. Alternate rest**	Easy run and strength/core	Easy run	8-10x 0.25 mile hills	Easy run and strength	Marathon pace	
direct speed	Week 3	recovery / easy run	6-8x800m at [3k,1500m] pace w/ 3 min. rest. Strides	Easy run and strength/core	Easy run	3x[600,300] with [2,5] min rest		Long run	
	Week 4	recovery / easy run	3x10 min. tempo. 2 min. rest and 6x100m sprints	Easy run and strength/core	Easy run	Easy run + 6x200m	Easy run	Race	
	Week 5	recovery / easy run	Easy run and strength/core	6x150 at 800m pace 45 sec. rest and easy run	Easy run	6-8x600 at 1500m w/ 3 min. rest	Easy run and strength	Long run	
				March					Total M
		Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday	iotaliv
	Week 1	recovery / easy run	2x6x300 at 1500m pace. [1,4] min rest.	Easy run and strength/core	6-8x 2 min hills	Easy run	Easy run	Long run	
ise 4	Week 2	recovery / easy run	Easy run	4x200m , 2x400m, 1x600m, 2x400m, 4x200m	Easy run	6-8x500m with 300m recovery. 100m kick at	e Easy run	6-8x1k , at LT pace 2 min rest	t.
specific training	Week 3	recovery / easy run	Easy run	8-10x400m with 3 min. rest	Easy run	Easy run + 6x200m	Easy run	Race + 4x600m +4x200m	
	Week 4	recovery / easy run	Easy run	6x1000m first few at LT pace 1:30 min rest.last couple at		Easy run	Easy run	Race	
	Week 5	recovery / easy run	Easy run	4x200, 4x400m, 4x200m. Same rest as run					
				A more					T-4-11
		Sunday	Monday	April Tuesday	Wednesday	Thursdy	Friday	Saturday	Total N
	Week 5	Junudy	ivioliday	Tuesuay	Easy run	Easy run	Easy run	Race	
	Week 5 Week 6	recovery / easy run	Easy run	800,2x400,2x200 [5k,3k,mile] jog[400,200,200]	Easy run	6-8x100m at 800m pace. Jog 100 between ex		Race	