

	Pace Level	5k	1500m			
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					
				long runs and strength after during mid summer		
				pure speed		
				through may do hip drills	transition to resistance bands	
				start strength training in mid may		
				start speed and hills mid may		
				progression and marathon pace		
				threshold runs late base		
				steady state		
				tempo		
Sunday	Monday	May Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	Easy run	Easy run	Easy run	Easy run	Easy run
Easy run/ recovery	Easy run	Easy run and strides	Easy run	Easy run and strides	Easy run	Easy run
Easy run/ recovery	Easy run	Easy run and strides	30-45 minute run + 5-8x10 second hill sprints with walk down + 3 min. rest + 1	Easy run	Easy run	Long run
Easy run/ recovery	50 min. progression run	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down + 3 min. rest + 1	Easy run	Easy run	Long run and strides
Easy run/ recovery						
Sunday	Monday	June Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	fartlek 6/3, 5/3, 4/3, 3/2, 2/2 w/u & c/d 2 miles	Easy run	4-7x60m at 95% w/ 3 min. rest	Easy run	Easy run	Long run and strides
Easy run/ recovery	lactate threshold 12 minutes, 3 minutes, 12 minutes continuous	Easy run	30-45 minute run + 5-8x10 sec. + 3x25 sec. hills with jog down + 2 min. rest + 1	Easy run	Easy run	Long run and strides
Easy run/ recovery	(6/3, 5/3, 4/2, 3/2, 2/2, 1/1) warmup and cool down 2 miles	Easy run	2x60m + 2x80m + 2x100m at 95% w/ 3 min. rest	Easy run	Easy run	Long run and strides
Easy run/ recovery	50 min. progression run	Easy run	5x10-15 sec. hills + 3x150m w/ 3 min. rest	Easy run	Easy run	Long run and strides
Easy run/ recovery	Easy run	steady state 30 minutes			Easy run	Long run w/ pickups
Sunday	Monday	July Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	steady state 35 minutes	Easy run	2x4x200m [3,6] rest at 800m pace	Easy run	Long run
Easy run/ recovery	Easy run	2x15 minute tempo w/ 3 min. jog	Easy run	3x350m w/ 5 min. + 4x150m w/ walk back at 800m	Easy run	Long run w/ pickups
Easy run/ recovery	Easy run	tempo 20 minutes	Easy run	4x200m, 2,400m, 1x600m, 2x400m, 4x200m	Easy run	Marathon pace
Easy run/ recovery	Easy run	steady state 25 minutes + 10 tempo	Easy run	3-4x3-4x300m w/ [1, 4] min. rest at 3k pace	Easy run	Long run
Easy run/ recovery				4x3-4x400m w/ [1, 4] min. rest at 3k pace	Easy run	
Sunday	Monday	August Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	5-6x500m w/ 3 min. rest at mile pace	Easy run	3x10 minute w/ 2 min rest	Easy run	Long run w/ pickups
Easy run/ recovery	Easy run	tempo 25 minutes + 4-6x100m w/ 2 min. rest	Easy run	5x1k w/ 3 min. rest at 3k pace	Easy run	Marathon pace
Easy run/ recovery	Easy run	Easy run	Easy run	Easy run	Easy run	Long run
Easy run/ recovery	Easy run	3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400	Easy run	aerobic support(tempo 25 minutes)	Easy run	Long run w/ pickups
Easy run/ recovery						
Sunday	Monday	September Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k	5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest	Easy run	5x(600,300) w/ [1.5,3] rest at 3k, mile pace	Easy run	Long run
Easy run/ recovery	5x4 min. w/ 3 min rest at 5k pace	Easy run	Easy run with 1-2 min. surges every 8-10 minutes	Easy run	Easy run	UNC Club + 6x200 hard (31sh)
Easy run/ recovery	30-45 minute run + 8x8 sec. + 3x25 sec. hills with jog down + 2 min. rest + 15	Easy run	Easy run w/ strides	Easy run	Adidas XC	Long run
Easy run/ recovery	Easy run	5mile at 5k w/ 3 min. rest + hard 400 in about 64	Easy run	6x500 at 5k w/ 300m jog + 4x150 at 800m jog 250m	Easy run	Haganstone
Easy run/ recovery						
Sunday	Monday	October Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	6x400m w/ 3 min. rest + 2xmile at 5k w/ 400m jog inside 3 min. rest	Easy run	8-12x 0.25 mile hill at mile-3k pacew/ jog down	Easy run	Long run
Easy run/ recovery	Easy run	3x10 min. w/ 1 min. jog at vLT + plyometrics	Easy run	Specific (6-8x1k) at 5k or a little faster w/ 1.5 min rest	Easy run	marathon pace
Easy run/ recovery	Easy run	4x300m at 3k jog 100m + 2x600m at mile pace 400m jog+ 4x300m	Easy run	20x200m w/ 200m rest at mile pace	Easy run	Long run
Easy run/ recovery	Easy run	8x100-150m at 800m pace. 45 second rest	Easy run	Easy run and strides	Easy 30 minutes	REGIONALS
Easy run/ recovery				Specific (6x1k) faster than 5k + plyometrics	Easy run	
Sunday	Monday	November Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	4x200m, 2x400m, 1x600m, 2x400m, 4x200m + plyo	Easy run	5-6x800m at 5k pace jog 200m on grass	Easy run	Easy run
Easy run/ recovery	Easy run	light quick speed 8x100 w/ 100m jog + 25 minutes	Easy run	Easy run + a couple strides	Easy run	NATIONALS