

	Pace Level	5k	1500m	<p>potential workouts:</p> <p>add 1 minute pickups in base phase to runs</p> <p>8x100m at 800m pace</p> <p>6x150 at 800m pace</p> <p>mix mile and 800m pace in specific training</p> <p>2x500m at mile pace, 100m bound, 200 kick in</p> <p>long runs and strength after during mid summer</p> <p>pure speed</p> <p>through may do hip drills</p> <p>start strength training in mid may</p> <p>start speed and hillis mid may</p> <p>progression and marathon pace</p> <p>threshold runs late base</p> <p>steady state</p> <p>tempo</p>	
Recovery	Anything slower	Anything slower	Anything slower		
General Endurance	3 race distances up	steady state to marathon	Half marathon to steady		
Aeorbic 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				transition to resistance bands	
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				

	December					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				Easy run	progression run	Easy run
Week 2	Easy run/ recovery	Easy run	20 min easy + 10 min. tempo + 4x8 sec. hill	Easy run	10x200 at mile pace 200m jog	Easy run
Week 3	Easy run/ recovery	Easy run	15 easy + 5 faster + 5 faster + 5 at MP + 10 tempo + 15 easy	Easy run	faster easy run and 4x8 second hill sprints	Easy run
Week 4	Easy run/ recovery	Easy run	2x12 minute tempo at vLT w/ 2.5 min rest	Easy run	6-8x150m at 400m pace w/ 3 min rest	Easy run
Week 5	Easy run/ recovery	Easy run	15 min. at Steady State + 10 min at tempo pace	Easy run	20 minute run and warmup + 5-6x300m at 800m pace w/ 3 min rest	Easy run

	January					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5						
Week 6	Easy run/ recovery	Easy run	3x10 min. tempo 2 min rest	Easy run	2x6x200m w/ [200m,400m] jog	Easy run
Week 7	Easy run/ recovery	Easy run	3-4x4x400m at 3k pace w/ [1,4] rest	Easy run	easy and 6x200m hard	Easy run
Week 8	Easy run/ recovery	Easy run	6-9x0.25 hill w/ jog back + 4x 15 second hill w/ 2 minute rest	Easy run	15 min tempo + 8 min at 8k	Easy run
Week 9	Easy run/ recovery	Easy run	6-8x1k w/ 1.5 min. rest at vLT last 2 @ 3k-5k w/ 2.5 min	Easy run	6x(350,150) at [800,400] pace w/ [4,3] rest	Easy run
	Easy run/ recovery					

	February					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 10		Easy run	8-10x300m at mile pace w/ 200m jog	Easy run	3xmile at 10k, 1600, 1k at 5k w/ 3 min. rest at 5k pace	Easy run
Week 11	Easy run/ recovery	Easy run	5x(800,300) at [3k, mile] w/ [3, 1] rest	Easy run	15 mintue tempo at 10k pace + 6x150m at 400m w/ walk	Easy run
Week 12	Easy run/ recovery	Easy run	(1600,1k,800) (600,400,200) alternation 3 min after long, 2 after s	Easy run	5-6x4 min. w/ 3 min. rest at 8k for 3-4, and 5k for last 2	Easy run
Week 13	Easy run/ recovery	Easy run		Easy run	6-9x0.25 hill w/ jog back + 4x 15 second hill w/ 2 minute r	Easy run
Week 14	Easy run/ recovery	Easy run	5-6x1km w/ 1.5 min. rest at 10k pace + 4x400 at mile 2 min rest	Easy run	8x600m at 3k pace w/ 2 min. rest	Easy run
	Easy run/ recovery	Easy run				

	March					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 15			6x1200m at 5k pace w/ 3 min. rest	Easy run	Easy run	Easy run
Week 16	Easy run/ recovery	Easy run	4x8 min tempo 2/ 1.5 min. rest	Easy run	5-6x500m at mile pace last 100m at 800 pace	Easy run
Week 17	Easy run/ recovery	6x400m @ mile pace w/ 3 min. rest	Easy run		Carolina Relays	Carolina Relays
Week 18	Easy run/ recovery			8x100-150m at 800m pace. 45 second rest	Raleigh Relays	Raleigh Relays
Week 19	Easy run/ recovery	Easy run		Easy run		

	April					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 20				Easy run	6-8x100m at 800m pace. Jog 100 between each.	VertKlasse
	Easy run/ recovery				Easy run	Aggie Invitational