

		<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>Pace Level</div> <div>Anything slower</div> <div>3 race distances up</div> <div>2 race distances up</div> <div>1 race distance up</div> <div>race pace</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>5k</div> <div>Anything 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>1500m</div> <div>Anything 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>potential workouts:</div> <div>add 1 minute pickups in base phase to runs</div> <div>8x100m at 800m pace</div> <div>6x150 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>Manipulate Workouts</div> <div>decreased rest:</div> <div>increased speed:</div> <div>increased rep distance:</div> <div>increase total volume:</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>Sunday</div>	<div>Monday</div>	<div>May</div> <div>Tuesday</div>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>	<div>Saturday</div>
Phase 1	Week 1	Easy run/ recovery	Easy run	Easy run + 4x100m strides	Easy run	Easy run + 4x100m strides	Easy run	Long run
	Week 2	Easy run/ recovery	Easy run	Easy run	30-45 minute run + 5-8x10 second hill sprints w	Easy run	Easy run	Long run
	Week 3	Easy run/ recovery	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down + 3 min rest + 15 min cool down	Easy run	Easy run	Easy run	Long run
		<div>Sunday</div>	<div>Monday</div>	<div>June</div> <div>Tuesday</div>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>	<div>Saturday</div>
Phase 1	Week 3					General endurance and strides	Easy run	Long 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	Easy run	Long run
	Week 5	Easy run/ recovery	Easy run	30-45 minute run + 4x10 + 2-3x20 second hill sprints with walk d	Easy run	4x8-10 min. cutdown progression run down to vLT	Easy run	Long run + pickups
	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	Easy run	Long run
	Week 7	Easy run/ recovery	Easy run	4-6x(30m-20m-30m) w/ 3 min rest + 4x150 at 400m pace w/ 250m jog	Easy run	10-15x200m at mile pace w/ 200m easy	Easy run	Long run
		<div>Sunday</div>	<div>Monday</div>	<div>July</div> <div>Tuesday</div>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>	<div>Saturday</div>
Phase 2	Week 7					7-10x 300m hills w/ jog down recovery	Easy run	Marathon pace
	Week 8	Easy run/ recovery		30 min, steady state		2x4x200m [3.6] rest at 800m pace	Easy run	Long run
	Week 9	Easy run/ recovery		45 min, progression run		2x10-12 min tempo	Easy run	Long run
	Week 10	Easy run/ recovery		7-10x 300m hills w/ jog down recovery		75% long run at half marathon pace	Easy run	Marathon pace
	Week 11	Easy run/ recovery		25 minutes at half MP, last 10 at tempo			Easy run	Long run
Phase 2	Week 12	Easy run/ recovery						
		<div>Sunday</div>	<div>Monday</div>	<div>August</div> <div>Tuesday</div>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>	<div>Saturday</div>
Phase 3	Week 12			800m @ 3k pace w/ 4 min rest		3x10 min. tempo interval w/ 1.5 min. rest		Long run w/ surges
	Week 13	Easy run/ recovery		4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest		4x8 min. tempo interval w/ 1.5 min. rest		Long run
	Week 14	Easy run/ recovery	Easy run/ recovery	6x300m working down from 3k to mile w/ 300m jog	Easy run/ recovery	Easy run/ recovery	Easy run/ recovery	Long run
	Week 15	Easy run/ recovery	Easy run/ recovery	3-4x200m (5k,3k,mile 800m) [200,400]	Easy run/ recovery	3(1k, 600, 400, 250)@ (8k, 5k, 3k, mile) w/ 2 min.	Easy run/ recovery	Marathon pace
	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	Easy run	Long run
Phase 3	VO2 Start 6 w			3x4x400m at 3k pace w/ 1.4 min. rest jog 100 & 400	Easy run			
		<div>Sunday</div>	<div>Monday</div>	<div>September</div> <div>Tuesday</div>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>	<div>Saturday</div>
Phase 4	Week 16					5x1k w/ 1.5 min. rest + 2x1k w/ 2.5 min. @ 8k	Easy run	Long run
	Week 17	Easy run/ recovery	Easy run	5xmile (optional: 4x300 w/ 100@[3k,mile,800] w/ 300m rest)	Easy run	hill loop at dorthea dix	Easy run	Long run 2 miles at half marathon pace in middle + last mile
	Week 18	Easy run/ recovery	Easy run	4x800, 3x400, 3x200m @ 5k w/ [1.5,1.5,200m]	Easy run	Easy run	Adidas XC Challenge + hills	Easy run
	Week 19	Easy run/ recovery	Easy run	15 min. tempo + 3-5x500m at mile pace with 300m recovery	Easy run	Easy run	Easy run	NCSU Club
	Week 20	Easy run/ recovery	2x10 minute at vLT w/ 1.5 min rest + 2x5 min. at 5k w/ 3 min. rest	Easy run		Easy run	Easy run	Long run
		<div>Sunday</div>	<div>Monday</div>	<div>October</div> <div>Tuesday</div>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>	<div>Saturday</div>
Phase 4	Week 20					15 minute at 10k + 4-5x800m at 3k pace w/ 2 min. rest + plyometrics		Haganstone
	Week 21	Easy run/ recovery		7-12x400m hill reps				Long run
	Week 22	Easy run/ recovery			3x3k at 10k w/ 2 min.			Longest run
	Week 23	Easy run/ recovery	workout		workout			REGIONALS
	Week 24	Easy run/ recovery						Long run
Phase 4	Week 25	Easy run/ recovery						
		<div>Sunday</div>	<div>Monday</div>	<div>November</div> <div>Tuesday</div>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>	<div>Saturday</div>
Phase 4	Week 25				keystone workout: 3k, 4x400, 3k, 4x150		Easy run	long and work
	Week 26	Easy run/ recovery	Easy run	Easy run	1k, 4x400 + 4x150	Easy and strides	shakeout in morning	NATIONALS