			Pace Level	5k	1500m	potential workouts:			
		Recovery	Anyting slower	Anyting slower	Anyting slower	add 1 minute pickups in base phase to runs			
		General Endurance	3 race distances up	steady state to marathon	Half marathon to steady	8x100m at 800m pace			
		Aeorbic Support	2 race distances up	lactate threshold/ half marathon	10k	6x150 at 800m pace			
		Direct Endurance Support		10k	5k-3k	mix mile and 800m pace in specific training			
		Specific Direct Speed Support	race pace 1 race distance down	5k 3000m	<b>1500</b> 800	2x500m at mile pace, 100m bound, 200 kick in			
		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	long runs and strength after during mid summer			
						pure speed			
						hip drills			
		Manipulate Workouts	align to the state of the first state of the			start strength training in mid may start speed and hills mid may			
		decreased rest: increased speed:	ability to recover, clear fatiguing by-products increased ability to tolerate fatigue			progression and marathon pace			
		increased rep distance:	increased ability to tolerate ladigue			threshold runs late base			
		increase total volume:	general endurance			steady state			
			-			tempo			
				***					
		Sunday	Monday	May Tuesday	Wednesday	Thursday	Friday	Saturday	
		Sunday	Widitaly	Tuesday	Wednesday	Indisday	riluay	Jaturuay	1
									ı
	Week 1	Easy run/ recovery	Easy run	Easy run + 4x100m strides	Easy run	Easy run + 4x100m strides	Easy run	Long run	ı
Phase 1	Week 2	Easy run/ recovery	Easy run	Easy run	30-45 minute run + 5-8x10 second hill sprints	v Easy run	Easy run	Long run	1
general endurance neuromuscular	Week 3	Easy run/ recovery	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down	+ B min. rest + 15 min. cool down				
neuromuscular				June					
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Week 3				Easy run	General endurance and strides	Easy run	Long run	1
	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	1
	Week 5	Easy run/ recovery	Easy run	30-45 minute run + 4x10 + 2-3x20 second hill sprints with wall	Easy run	4x8-10 min. cutdown progression run down to vLT.	Easy run	Long run + pickups	1
	Week 6 Week 7	Easy run/ recovery Easy run/ recovery	Easy run Easy run	3-4x200m (5k,3k,mile 800m) [200,400] 4-6x(30m-20m-30m) w/ 3 min. rest + 4x150 at 400m pace w/	Easy run	6 min/3 min, 5 min/3 min, 4/2, 3/2, and 2/2, 1/1 10-15x200m at mile pace w/ 200m easy	Easy run	Long run	1
	Week /	Lasy run/ recovery	Easy ruii	4-0x(30111-20111-30111) W/ 3 111111. Test + 4x130 at 400111 pace W/	zasy run	10-13x200iii at Illile pace w 200iii easy			
				July					
	w =	Sunday	Monday	July Tuesday	Wednesday	Thursday	Friday	Saturday	
Phase 2	Week 7		Monday	Tuesday	Wednesday		Friday	Marathon pace	
Phase 2	Week 8	Easy run/ recovery	Monday	Tuesday 30 min. steady state	Wednesday	7-10x 300m hills w/ jog down recovery	Friday	Marathon pace Long run	
Phase 2  aeorbic support  anaeorbic support			Monday	Tuesday	Wednesday		Friday	Marathon pace	I
aeorbic support	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11	Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	Tuesday  30 min. steady state 45 min. progression run	Wednesday	7-10x 300m hills w/ jog down recovery	Friday	Marathon pace Long run Long run	I
aeorbic support	Week 8 Week 9 **9 week bas Week 10	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery	Wednesday	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo	Friday	Marathon pace Long run Long run	
aeorbic support	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11	Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo	Wednesday	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo	Friday	Marathon pace Long run Long run	
aeorbic support	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11	Easy run/ recovery		Tuesday  30 min, steady state 45 min, progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August		7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace		Marathon pace Long run Long run Marathon pace	
aeorbic support	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11	Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday	Wednesday	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo	Friday	Marathon pace Long run Long run	
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aeorbic support anaeorbic support	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12	Easy run/ recovery		Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest		7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace Thursday		Marathon pace Long run Long run Marathon pace Saturday	
aeorbic support anaeorbic support	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12	Easy run/ recovery		Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog		7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest		Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges	
aeorbic support anaeorbic support Phase 3 direct endurance	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12	Easy run/ recovery  Sunday  Easy run/ recovery	Monday	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (Sk, Rmile 800m) [200,400]	Wednesday	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest	Friday	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run	
aeorbic support anaeorbic support	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12  Week 12 Week 13 Week 14 Week 14	Easy run/ recovery  Sunday  Easy run/ recovery	Monday  Easy run/recovery Easy run/recovery	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  300m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (\$k,3k,mile 800m) [200,400] £osy run/recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 5 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min	Wednesday  Easy run/ recovery  Easy run/ recovery	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest		Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges	
aeorbic support anaeorbic support Phase 3 direct endurance	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 13 Week 14	Easy run/ recovery	Monday  Essy run/ recovery	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday 800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (Sk.3k.mile 800m) [200,400] Eosyr un/ recovery	Wednesday  Eosy run/ recovery	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery	Friday  Easy run/ recovery	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/recovery	
aeorbic support anaeorbic support Phase 3 direct endurance	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12  Week 12 Week 13 Week 14 Week 14	Easy run/ recovery  Sunday  Easy run/ recovery	Monday  Easy run/recovery Easy run/recovery	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  300m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3.4x200m (Sk.3k.mile 800m) [200,400]  5x5 mun/recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400	Wednesday  Easy run/ recovery  Easy run/ recovery	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery	Friday  Easy run/ recovery	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/recovery	
aeorbic support anaeorbic support Phase 3 direct endurance	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 12 Week 13 Week 14 Week 15 VO2 Start 6 w Week 16	Easy run/ recovery  Sunday  Easy run/ recovery	Monday  Essy run/ recovery Essy run/ recovery Easy run	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (5x, 8x, mile 800m) [200, 400]  £osy run/ recovery 15 min. tempo v/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September	Wednesday  Easy run/recovery Resy run/recovery Easy run	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest £asy run/ recovery 3[1k, 600, 400, 250]@ (8k, 5k, 3k, mile) w/ 2 min.	Friday  Easy run/ recovery Easy run/ recovery	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/recovery Marathon pace	
aeorbic support anaeorbic support Phase 3 direct endurance	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12  Week 12 Week 13 Week 14 Week 15 VO2 Start 6 w Week 16 strength end	Easy run/ recovery  Sunday  Easy run/ recovery	Monday  Easy run/recovery Easy run/recovery	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  300m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3.4x200m (Sk.3k.mile 800m) [200,400]  5x5 mun/recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400	Wednesday  Easy run/ recovery  Easy run/ recovery	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest 5x9 run/ recovery 3(1k, 600, 400, 250)@ (8k, 5k, 3k, mile) w/ 2 min.  Thursday	Friday  Easy run/ recovery Easy run/ recovery  Friday	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run w/ surges Long run Easy run/recovery Marathon pace  Saturday	
aeorbic support anaeorbic support Phase 3 direct endurance	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 12 Week 13 Week 14 Week 15 VO2 Start 6 w Week 16	Easy run/ recovery  Sunday  Easy run/ recovery	Monday  Essy run/ recovery Essy run/ recovery Easy run	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ Jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (Sk. Amile 800m) [200,400]  Eory run/ recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September Tuesday  Sxmile (optional: 4x300 w/ 100@[3k,mile,800] w/ 300m rest)	Wednesday  Easy run/ recovery  Easy run/ recovery  Easy run  Wednesday	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest £asy run/ recovery 3[1k, 600, 400, 250]@ (8k, 5k, 3k, mile) w/ 2 min.	Friday  Easy run/ recovery Easy run/ recovery  Friday Easy run Easy run Easy run	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/ recovery Marathon pace  Saturday  Saturday Long run	athon pace in middle + last mile
aeorbic support anaeorbic support Phase 3 direct endurance direct speed	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 13 Week 14 Week 14 Week 15 VO2 Start 6 w Week 16 strength end Week 16 Week 17 **8 week pre Week 18	Easy run/ recovery	Monday  Eosy run/ recovery Eosy run/ recovery Easy run  Monday  Easy run  Easy run  Easy run	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  300m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x200m working down from 3k to mile w/ 300m jog 3-4x200m (\$k,3k,mile 800m) [200,400] £osy run/ recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September Tuesday	Wednesday  Easy run/ recovery  Easy run/ recovery  Easy run  Wednesday	7-10x 300m hills w/ jog down recovery 2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest 2x9 run/ recovery 3/1k, 600, 400, 250 ]@ (8k, 5k, 3k, mile) w/ 2 min.  Thursday  Thursday  Sx1k w/ 1.5 min. rest + 2x1k w/ 2.5 min. @ 8k	Friday  Easy run/ recovery Easy run/ recovery Friday Easy run	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/recovery Marathon pace  Saturday  Long run Long run zunies at half mar	xthon pace in middle + last mile
aeorbic support anaeorbic support Phase 3 direct endurance direct speed	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 13 Week 14 Week 13 Week 15 VO2 Start 6 w Week 16 strength end Week 17 **8 week pre Week 18 **competitio Week 19	Easy run/ recovery	Monday  Easy run/ recovery Easy run/ recovery Easy run  Monday  Easy run	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ Jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (Sk. Amile 800m) [200,400]  Eory run/ recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September Tuesday  Sxmile (optional: 4x300 w/ 100@[3k,mile,800] w/ 300m rest)	Wednesday  Easy run/recovery  A Easy run/recovery  Easy run  Wednesday  Easy run	7-10x 300m hills w/ jog down recovery 2xk200m [3,6] rest at 800m pace 2xi0-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery 3/1x, 600, 400, 250 ]@ (8x, 5x, 3x, mile) w/ 2 min.  Thursday  Sxlx w/ 1.5 min. rest + 2xlx w/ 2.5 min. @ 8k hill loop at dorthea dix	Friday  Easy run/ recovery Easy run/ recovery  Friday Easy run Easy run Easy run	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/ recovery Marathon pace  Saturday  Saturday Long run	athon pace in middle + last mile
aeorbic support anaeorbic support Phase 3 direct endurance direct speed	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 13 Week 14 Week 14 Week 15 VO2 Start 6 w Week 16 strength end Week 16 Week 17 **8 week pre Week 18	Easy run/ recovery	Monday  Eosy run/ recovery Eosy run/ recovery Easy run  Monday  Easy run  Easy run  Easy run	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ Jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (Sk. Amile 800m) [200,400]  Eory run/ recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September Tuesday  Sxmile (optional: 4x300 w/ 100@[3k,mile,800] w/ 300m rest)	Wednesday  Easy run/recovery  A Easy run/recovery  Easy run  Wednesday  Easy run	7-10x 300m hills w/ jog down recovery 2xk200m [3,6] rest at 800m pace 2xi0-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery 3/1x, 600, 400, 250 ]@ (8x, 5x, 3x, mile) w/ 2 min.  Thursday  Sxlx w/ 1.5 min. rest + 2xlx w/ 2.5 min. @ 8k hill loop at dorthea dix	Friday  Easy run/ recovery Easy run/ recovery  Friday Easy run Easy run Easy run	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/recovery Marathon pace  Saturday  Long run Long run zunies at half mar	athon pace in middle + last mile
aeorbic support anaeorbic support Phase 3 direct endurance direct speed	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 13 Week 14 Week 13 Week 15 VO2 Start 6 w Week 16 strength end Week 17 **8 week pre Week 18 **competitio Week 19	Easy run/ recovery	Monday  Eosy run/ recovery Eosy run/ recovery Easy run  Monday  Easy run  Easy run  Easy run	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (\$k_3k_mile 800m) [200,400] £osy run/ recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September Tuesday  Sxmile (optional: 4x300 w/ 100@ [3k_mile,800] w/ 300m rest) 4x800, 3x400, 3x200m @ Sk w/ [1.5,1.5,200m]	Wednesday  Easy run/recovery  A Easy run/recovery  Easy run  Wednesday  Easy run	7-10x 300m hills w/ jog down recovery 2xk200m [3,6] rest at 800m pace 2xi0-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery 3/1x, 600, 400, 250 ]@ (8x, 5x, 3x, mile) w/ 2 min.  Thursday  Sxlx w/ 1.5 min. rest + 2xlx w/ 2.5 min. @ 8k hill loop at dorthea dix	Friday  Easy run/ recovery Easy run/ recovery  Friday Easy run Easy run Easy run	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/recovery Marathon pace  Saturday  Long run Long run zunies at half mar	athon pace in middle + last mile
aeorbic support anaeorbic support Phase 3 direct endurance direct speed	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 13 Week 14 Week 13 Week 15 VO2 Start 6 w Week 16 strength end Week 17 **8 week pre Week 18 **competitio Week 19	Easy run/ recovery	Monday  Eosy run/ recovery Eosy run/ recovery Easy run  Monday  Easy run  Easy run  Easy run	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ Jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (Sk. Amile 800m) [200,400]  Eory run/ recovery 15 min. tempo w/ 4 min. rest + 4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September Tuesday  Sxmile (optional: 4x300 w/ 100@[3k,mile,800] w/ 300m rest)	Wednesday  Easy run/recovery  A Easy run/recovery  Easy run  Wednesday  Easy run	7-10x 300m hills w/ jog down recovery 2xk200m [3,6] rest at 800m pace 2xi0-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery 3/1x, 600, 400, 250 ]@ (8x, 5x, 3x, mile) w/ 2 min.  Thursday  Sxlx w/ 1.5 min. rest + 2xlx w/ 2.5 min. @ 8k hill loop at dorthea dix	Friday  Easy run/ recovery Easy run/ recovery  Friday Easy run Easy run Easy run	Marathon pace Long run Marathon pace Saturday  Long run w/ surges Long run w/ surges Long run Eosy run/ recovery Marathon pace  Saturday  Long run Morathon pace  Saturday Long run Lon	athon pace in middle + last mile
aeorbic support anaeorbic support Phase 3 direct endurance direct speed	Week 8 Week 9 **9 week bas Week 10 **pre comp s Week 11 Week 12 Week 13 Week 14 Week 13 Week 14 Week 15 VO2 Start 6 w Week 16 strength end Week 17 **8 week pre Week 18 **competitio Week 19 plyometric st: Week 20	Easy run/ recovery	Monday  Easy run/ recovery Easy run/ recovery Easy run  Monday  Easy run Easy run Easy run Sa4 min. w/ 3 min rest at 5k pace	Tuesday  30 min. steady state 45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3k pace w/ 4 min. rest 4x400m @ mile pace w/ 2.5 min. rest then 4 min. rest 6x300m working down from 3k to mile w/ 300m jog 3-4x200m (6x4, kmile 800m) [200, 400] 6x9 run/ recovery 15 min. tempo w/ 4 min. rest +4x400 @ mile pace w/ 2.5 min 3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400  September Tuesday  September Tuesday  October	Wednesday  Easy run/ recovery Easy run/ recovery Easy run  Wednesday  Easy run  Easy run	7-10x 300m hills w/ jog down recovery 2xk200m [3,6] rest at 800m pace 2xi0-12 min. tempo 75% long run at half marathon pace  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest Easy run/ recovery 3/1k, 600, 400, 250  @ (8k, 5k, 3k, mile) w/ 2 min.  Thursday  Thursday  Thursday  Sx1k w/ 1.5 min. rest + 2x1k w/ 2.5 min. @ 8k hill loop at dorthea dix Easy run	Friday  Eosy run/ recovery Eosy run/ recovery  Friday Easy run Easy run Adidas XC Challenge + hills	Marathon pace Long run Long run Marathon pace  Saturday  Long run w/ surges Long run Easy run/recovery Marathon pace  Saturday  Long run Long run zunies at half mar	athon pace in middle + last mile
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