				Pace Level	5k	1500m	potential workouts:			
				Anyting slower	Anyting slower	Anyting slower	add 1 minute pickups in base phase to runs			
			General Endurance		steady state to marathon	Half marathon to steady	8x100m at 800m pace			
			Aeorbic Support		lactate threshold/ half marathon	10k	6x150 at 800m pace			
					10k	5k-3k	mix mile and 800m pace in specific training			
					5k	1500	2x500m at mile pace, 100m bound, 200 kick in			
			Direct Speed Support	1 race distance down	3000m	800				
			Anaerobic Support		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				start strength training in mid may			
			decreased rest:	ability to recover, clear fatiguing by-products			start speed and hills mid may			
				increased ability to tolerate fatigue			progression and marathon pace			
			increased rep distance:	increased specific endurance			threshold runs late base			
			increase total volume:	general endurance			steady state			
							tempo			
					May					
			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			Junuay	Policia	locaday	Wednesday	Indiaday	inday	Suturday	
	1	Week 1	Easy run/ recovery	Easy run	Easy run + 4x100m strides	Easy run	Easy run + 4x100m strides	Easy run	Long run	
Phase 1		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	
general endurance					30-45 minute run + 5-8x10 second hill sprints with walk down + 3 i	n. 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		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	
			Easy run/ recovery	Easy run		Easy run	4x8-10 min. cutdown progression run down to vLT.	Easy run	Long run + pickups	
			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	Easy run	10-15x200m at mile pace w/200m easy			
					Mr.					
			Sunday	Monday	July Tuesday	Wednesday	Thursday	Friday	Saturday	
	,	Week 7	Junuay	I	luciday	Wednesday	Indiaday	may	Marathon pace	
Phase 2		Week 8	Easy run/ recovery		30 min. steady state		7-10x 300m hills w/ jog down recovery		Long run	
aeorbic support										
anaeorbic support		Week 9 Week 10	Easy run/ recovery Fasy run/ recovery		45 min. progression run 7-10v 300m hills w/ ion down recovery		2x4x200m [3,6] rest at 800m pace 2x10.12 min, tempo		Long run Marathon pace	
anaeorbic support	**9 week base!	eWeek 10	Easy run/ recovery		7-10x 300m hills w/ jog down recovery		2x10-12 min. tempo		Long run Marathon pace	
anaeorbic support	**9 week base1	eWeek 10 aWeek 11			45 min. progression run 7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo		2x4x200m [3,6] rest at 800m pace 2x10-12 min. tempo 75% long run at half marathon pace		Long run Marathon pace	
anaeorbic support	**9 week base1	eWeek 10 aWeek 11	Easy run/ recovery Easy run/ recovery		7-10x 300m hills w/ jog down recovery		2x10-12 min. tempo		Long run Marathon pace	
anaeorbic support	**9 week base1	e Week 10 ::Week 11 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery		7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo		2x10-12 min. tempo 75% long run at half marathon pace		Marathon pace	
anaeorbic support	**9 week base1	e Week 10 ::Week 11 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	7-10x 300m hills wi jog down recovery 25 minutes at half MP, last 10 at tempo	Wednesday	2x10-12 min. tempo	Friday	Long run Marathon pace	
anaeorbic support	**9 week base1	e Week 10 ::Week 11 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery		7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo August Tuesday	Wednesday	2x10-12 min. tempo 75% long run at half marathon pace	Friday	Marathon pace	
anaeorbic support	**9 week base1	e Week 10 ::Week 11 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	7-10x 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo  August Tuesday  800m 69 3k pace w/ 4 min. rest	Wednesday	2x10-12 min. tempo 75% long run at half marathon pace	Friday	Marathon pace	
anaeorbic support	**9 week base! **pre comp stal	e Week 10 :2Week 11 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	7-10x 300m hills w/ sq down recovery 25 minutes at half MP, last 10 at tempo August Excider  SECOND	Wednesday	2x10 12 min. tempo 75%, long run at half marathon pace Thursday	Friday	Marathon pace Saturday	
anaeorbic support	***9 week base\ **pre comp sta\	e Week 10 :2Week 11 Week 12 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday	Monday	7.10x.300m hills w/ log down recovery 27 minutes at half MP, last 10 at tempo  August Tuesday  800m @ 3x pace w/ 4 min. rest 6x300m working down from 3t to min. rest 6x300m working down from 3t to min. y 300m log	Wednesday	2x10:12 min. tempo 75% long run at half mariathon pace Thursday 3x10 min. tempo interval w/ 1.5 min. rest	Friday	Saturday  Long run w/ surges	
anaeorbic support  Phase 3 direct endurance	**9 week base!  **pre comp stz!	e Week 10 :2Week 11 Week 12 Week 12 Week 12 Week 13	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Sunday  Easy run/ recovery	Monday	2.10s 300m hills w/j og down recovery 25 minutes at half MP/, last 10 at tempo  August Testday  Son (9 %) space w/ 6 min. rest. 4.400m g/m ling bace w/ 25 min. rest then 4 min. rest. 6.400m socking down from it is mile w/ 300m jog 4.4200m (5/km ling 8.60m 1200 4.400)		23/01/27 min. tempo 27% long run at half marathon pace Thursday 24/10 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest		Saturday  Long run w/ surges Long run	
anaeorbic support	**9 week base!  **pre comp stz!	e Week 10 ::Week 11 Week 12 Week 12 Week 12 Week 13 Week 14	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery	Monday  Easy run/recovery	2.10e. 300m fills w/j log down recovery  2.50m insulate at half MP, last 10 at tempo  August Tuesday  800m g 3b pace w/ 4 min. rest 4000m g mile pace w/ 2.5 min. rest then 4 min. rest 4.400m g mile pace w/ 2.5 min. rest then 4 min. rest 4.420m (15.3 min. see then 6 min w/ 350m log 4.420m (15.3 min. see 100m) 1000 4000	Easy run/ recovery	2-10-12 min. tempo   175% long run at half marathon pace   175% long run at half marathon pace   175% long run at half marathon pace   175% long run at half min. tempo listenad w/ 1.5 min. rest   448 min. tempo listenad w/ 1.5 min. rest   175% run at received w/ 1.5 min. rest   175% ru	Easy run/ recovery	Saturday  Long run w/ surges Long run Essy run/ recovery	
anaeorbic support  Phase 3 direct endurance	**9 week base!  **pre comp stal	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday  Easy neal recovery  Easy neal recovery	2.10a 300m fills w/ jog down recovery 25 minutes at half MF, last 10 at tempo  August Tuesday  Both 9, 25 passe of 4 min. rest 4400m g mile sace or 2.5 min. rest then 4 min. rest 4400m g mile sace or 2.5 min. rest then 4 min. rest 6400m sociating down 0 min 15 m mile w/ 300m jog 2-3-200m resting down min. rest 44000 g mile passe w/ 2.5 min. rest 3.5 min. restgrey 4 min. rest 4 +4000 g mile passe w/ 2.5 min. rest	Easy run/ recovery Easy run/ recovery	23/01/27 min. tempo 27% long run at half marathon pace Thursday 24/10 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest		Saturday  Long run w/ surges Long run	
anaeorbic support  Phase 3 direct endurance	**9 week base!  **pre comp stz!	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery	Monday  Easy neal recovery  Easy neal recovery	2.10e. 300m fills w/j log down recovery  2.50m insulate at half MP, last 10 at tempo  August Tuesday  800m g 3b pace w/ 4 min. rest 4000m g mile pace w/ 2.5 min. rest then 4 min. rest 4.400m g mile pace w/ 2.5 min. rest then 4 min. rest 4.420m (15.3 min. see then 6 min w/ 350m log 4.420m (15.3 min. see 100m) 1000 4000	Easy run/ recovery	2-10-12 min. tempo   175% long run at half marathon pace   175% long run at half marathon pace   175% long run at half marathon pace   175% long run at half min. tempo listenad w/ 1.5 min. rest   448 min. tempo listenad w/ 1.5 min. rest   175% run at received w/ 1.5 min. rest   175% ru	Easy run/ recovery	Saturday  Long run w/ surges Long run Essy run/ recovery	
anaeorbic support  Phase 3 direct endurance	**9 week base!  **pre comp stal	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday  Basy mart accovery  Basy mart accovery  Basy mart floresery  Basy man	2.10. 2000 mills w/g down recovery 25 minutes at half MF, last 10 at tempo  August Tuesday  Both 9 is pace w/d min. rest 4400m g mile gace w/d 25 min. rest then 4 min. rest 4400m g mile gace w/d 25 min. rest then 4 min. rest 4400m g mile gace w/d 25 min. rest then 4 min. rest 4400m g mile gace w/d 25 min. rest then 4 min. rest 4400m g mile gace w/d 25 min. rest then 4 min. rest 2400m g mile gace w/d 25 min. rest then 4 min. rest 2400m g mile gace w/d 25 min. rest 240	Easy run/recovery Easy run/recovery Easy run/recovery Easy run	Data 12 min. tempo  Thursday  Thursd	Easy run/ recovery Easy run/ recovery	Saturday  Long run w/ surges Long run w/ surges Long run Fasy run/recovery Marathon pace	
anaeorbic support  Phase 3 direct endurance	**9 week base l **pre comp stal  VO2 Start 6 wel	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 14 Week 15 Week 16	Easy run/ recovery Easy run/ recovery Easy run/ recovery  Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday  Easy neal recovery  Easy neal recovery	2.10a 500m hills w/ jog down recovery 25 minutes at half MP. last 10 at tempo  August Tuesday  500m g/ 35 pace w/ 4 min. rest 600m g/ 35 pace w/ 4 min. res	Easy run/ recovery Easy run/ recovery	2010 12 min. tempo   Thursday  2010 min. tempo interval w/ 1.5 min. rest 4.0 min. rest 4.0 min. tempo interval w/ 1.5 m	Easy run/ recovery Easy run/ recovery	Saturday  Saturday  Long run w/ surges Long run m/ surges Long run Sasy run/ recovery Marathen pace	
anaeorbic support  Phase 3 direct endurance	**pre comp stal  **pre comp stal  VD2 Start 6 we'  strength end	Week 12 Week 12 Week 12 Week 12 Week 13 Week 13 Week 14 Week 15 Week 16	Easy run recovery Easy run's recovery	Monday  Easy mont accessory  Easy non accessory  Easy non  Monday  Monday	2.10. 900m hills w/g down recovery 25 minutes at half MP. last 10 at tempo  August Tuesday  Buesday  B	Easy runi recovery Easy runi recovery Easy runi recovery Wednesday	2-10-12 min. tempo  75% long run at half malarahon pace  Thunday  3-10 min. tempo interval w/ 1.5 min. rest 4-sd min. tempo interval w/ 1.5 min. rest 2/12, 600, 400, 200 // (85, 51, 51, min) w/ 2 min.  Thunday  Shall w/ 1.5 min. rest + 2-11 w/ 2.5 min. ⊕ 8	Easy run/ recovery Easy run/ recovery Friday Easy run	Saturday  Long run w' surges  Long run w' surges  Long run  Fasy run/recovery  Marathon pace  Saturday  Long run	
anaeorbic support  Phase 3  direct endurance direct speed	**9 week base I **pre comp stal  VO2 Start 6 wel	Week 12 Week 12 Week 12 Week 13 Week 13 Week 14 Week 15 Week 16 Week 16 Week 17	Easy run recovery Easy run's recovery	Menday  Easy nerf recovery Easy nerf recovery Easy ne.  Monday Easy run	2.10. 200m hills w/g glown recovery 2.2 minutes at half MP. last 10 at tempo  August  Sureday  Sureday	Easy runf recovery Easy runf recovery Easy run Wednesday Easy run	2-10-12 min. tempo  DNis long run at half martifhon pace  DNIs long run at half martifhon pace  2-10 min. tempo listenul w/ 1.5 min. nest  4-86 min. tempo listenul w/ 1.5 min. nest  2-37 min recovery  D114 800 400, 250 160 (85, 55, 35, miles w/ 2 min.  Thursday  D134 mil. 35 min. nest + 2-1k w/ 2.5 min. @ 8x  HI Boop at 60 (756)  HI Boop at 60	Easy run/ recovery Easy run/ recovery Friday Easy run Easy run	Saturday  Lang run w Surges Lang run Crecowy Marathon pace  Saturday Lang run 2 miles at half marafloo	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**pre comp stal  **pre comp stal  VO2 Start 6 we'  strength end	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15 Week 16 Week 16 Week 17 Week 17 Week 18	Easy run' recovery	Menday  Easy nutri recovery Easy nutri recovery Easy nutri recovery Monday  Easy nutri	7-10x 300m hills w/g glown recovery 25 minutes at half MP. last 10 at tempe  August  A	Easy run recovery Easy run Easy run Wednesday Easy run Easy run	2010 12 min. tempo   Thursday  2010 min. tempo interval w/ 1.5 min. rest Led m	Easy run/ recovery Easy run/ recovery Friday Easy run Easy run Easy run Easy run	Saturday  Saturday  Long run wi sunges Long run wi sunges Long run wi sunges Long run wi sunges Long run zu sunges Long run zu zuges at half mangloo	n pace in middle + last mile
anaeorbic support  Phase 3  direct endurance direct speed	**9 week base I **pre comp stal  VO2 Start 6 wel	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15 Week 16 Week 16 Week 17 Week 17 Week 18	Easy run' recovery	Menday  Easy nerf recovery Easy nerf recovery Easy ne.  Monday Easy run	7-10x 300m hills w/g glown recovery 25 minutes at half MP. last 10 at tempe  August  A	Easy runf recovery Easy runf recovery Easy run Wednesday Easy run	2-10-12 min. tempo  DNis long run at half martifhon pace  DNIs long run at half martifhon pace  2-10 min. tempo listenul w/ 1.5 min. nest  4-86 min. tempo listenul w/ 1.5 min. nest  2-37 min recovery  D114 800 400, 250 160 (85, 55, 35, miles w/ 2 min.  Thursday  D134 mil. 35 min. nest + 2-1k w/ 2.5 min. @ 8x  HI Boop at 60 (756)  HI Boop at 60	Easy run/ recovery Easy run/ recovery Friday Easy run Easy run	Saturday  Lang run w Surges Lang run Crecowy Marathon pace  Saturday Lang run 2 miles at half marafloo	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base!  **pre comp stil  VO2 Start 6 wel  strength end  **8 week pre !  **Competition !	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 16 Week 18 Week 18 Week 18	Easy run' recovery	Monday  Easy ner/recovery Easy ner/recovery Raby ner Raby	2.10. 2000 mills w/g glown recovery 22 minutes at half MP. Iast 20 at tempo  August  Versday  August	Easy run recovery Easy run Easy run Wednesday Easy run Easy run	Data 12 am. tempo  Thursday  Ball min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest Fazy nut/recovery  Dit. 800 400, 230 jp (fis. Sis. Jis. minler w/ 2 min.  Thursday  Dit. 8 of 3.5 min. rest + 2.1 k w/ 2.5 min. g Bk  Thursday	Easy runf recovery Easy runf recovery Friday Easy run	Saturday  Saturday  Long run wi sunges Long run wi sunges Long run wi sunges Long run wi sunges Long run zu sunges Long run zu zuges at half mangloo	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base!  **pre comp stil  VO2 Start 6 wel  strength end  **8 week pre !  **Competition !	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15 Week 16 Week 16 Week 17 Week 17 Week 18	Easy run' recovery	Menday  Easy nutri recovery Easy nutri recovery Easy nutri recovery Monday  Easy nutri	2.10. 2000 mills w/g glown recovery 22 minutes at half MP. Iast 20 at tempo  August  Versday  August	Easy run recovery Easy run Easy run Wednesday Easy run Easy run	2010 12 min. tempo   Thursday  2010 min. tempo interval w/ 1.5 min. rest Led m	Easy run/ recovery Easy run/ recovery Friday Easy run Easy run Easy run Easy run	Saturday  Saturday  Long run wi sunges Long run wi sunges Long run wi sunges Long run wi sunges Long run zu sunges Long run zu zuges at half mangloo	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base!  **pre comp stil  VO2 Start 6 wel  strength end  **8 week pre !  **Competition !	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 16 Week 18 Week 18 Week 18	Easy run' recovery	Monday  Easy ner/recovery Easy ner/recovery Raby ner Raby	2.10. 2000 mills wij og down recovery 25 minutes at half MP. Isat 10 at tempo  August Tuesday  Sunn gill a pick en if 4 min. rest 4.400 m gill gill gene wi 2.5 min. rest then 4 min. rest 4.400 m gill gill gill gill gill gill gill gi	Easy run recovery Easy run Easy run Wednesday Easy run Easy run	Data 12 am. tempo  Thursday  Ball min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest Fazy nut/recovery  Dit. 800 400, 230 jp (fis. Sis. Jis. minler w/ 2 min.  Thursday  Dit. 8 of 3.5 min. rest + 2.1 k w/ 2.5 min. g Bk  Thursday	Easy runf recovery Easy runf recovery Friday Easy run	Saturday  Saturday  Long run wi sunges Long run wi sunges Long run wi sunges Long run wi sunges Long run zu sunges Long run zu zuges at half mangloo	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base!  **pre comp stil  VO2 Start 6 wel  strength end  **8 week pre !  **Competition !	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 16 Week 18 Week 18 Week 18	Easy run' recovery	Menday  Easy not recovery Easy not recovery Easy non Easy	7-10x 300m fills w/g down recovery 25 minutes at bard MP. last 20 at tempe  August  Versday  Form of the second of	Easy and recovery Easy and recovery Easy and recovery Easy and Eas	2-10-12 am. tempo  Thursday  3-10 min. tempo interval w/ 1.5 min. rest  43 min. tempo interval w/ 1.5 min. rest  45 min. tempo interval w/ 1.5 min. rest  52 min. tempo interval w/ 1.5 min. rest  53 min. tempo interval w/ 1.5 min. rest  54 min. tempo interval w/ 1.5 min. rest  55 min. tempo interval w/ 1.5 min. rest  56 min. tempo interval w/ 1.5 min. rest  57 min. tempo interval w/ 1.5 min. rest  58 mi	Easy run/ recovery Easy run/ recovery Easy run/ recovery Friday Fasy run Easy run Easy run Easy run Easy run Easy run Easy run	Saturday  Lang nun wi surges  Lang nun wi surges  Lang nun wi surges  Lang nun  Karabun pue  Saturday  Lang nun  Lang nun zu niles at half mara hou  Kasu Claub  Kasu Claub	m pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base!  **pre comp stz!  VO2 Start 6 wel  strength end  **8 week pre 1  **Competition 1	Week 12 Week 12 Week 12 Week 13 Week 13 Week 13 Week 14 Week 16 Week 16 Week 16 Week 19 Week 19 Week 19	Easy run' recovery	Monday  Easy ner/recovery Easy ner/recovery Raby ner Raby	2.10. 2000 mills wij og down recovery 25 minutes at half MP. Isat 10 at tempo  August Tuesday  Sunn gill a pick en if 4 min. rest 4.400 m gill gill gene wi 2.5 min. rest then 4 min. rest 4.400 m gill gill gill gill gill gill gill gi	Easy run recovery Easy run Easy run Wednesday Easy run Easy run	Data 12 am. tempo  Thursday  Ball min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest Fazy nut/recovery  Dit. 800 400, 230 jp (fis. Sis. Jis. minler w/ 2 min.  Thursday  Dit. 8 of 3.5 min. rest + 2.1 k w/ 2.5 min. g Bk  Thursday	Easy runf recovery Easy runf recovery Friday Easy run	Saturday  Saturday  Long run wi sunges Long run run runnyi Marathon pace  Saturday  Saturday  Long run runnyi Marathon pace  Saturday  Long run runnyi Marathon pace  Saturday  Saturday  Saturday  Saturday  Saturday  Saturday  Saturday	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base!  **pre comp stz!  VO2 Start 6 wel  strength end  **8 week pre 1  **Competition 1	Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 16 Week 18 Week 18 Week 18	Easy run' recovery	Menday  Easy not recovery Easy not recovery Easy non Easy	7-10x 300m fills w/g down recovery 25 minutes at bard MP. last 20 at tempe  August  Versday  Form of the second of	Easy and recovery Easy and recovery Easy and recovery Easy and Eas	Data 12 min. tempo  Thursday  Bat0 min. tempo interval w/ 1.5 min. nest 448 min. tempo interval w/ 1.5 min. nest 448 min. tempo interval w/ 1.5 min. nest Easy nuri receivery  Diff. 800 400, 200 (p) (81, 51, 51, 61) (s) (s)  Thursday  Thursday  Easy nun  Easy nun  Easy nun  Easy nun	Easy run/ recovery Easy run/ recovery Easy run/ recovery Friday Fasy run Easy run Easy run Easy run Easy run Easy run Easy run	Saturday  Lang nun wi surges  Lang nun wi surges  Lang nun wi surges  Lang nun  Karabun pue  Saturday  Lang nun  Lang nun zu niles at half mara hou  Kasu Claub  Kasu Claub	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	***gre comp st1  VO2 Start 6 wel strength end  **8 week pro 1** **Competition 1	Week 12 Week 12 Week 12 Week 13 Week 13 Week 14 Week 16 Week 16 Week 16 Week 19 Week 20	Easy run' recovery	Menday  Easy ned recovery Easy part recovery Easy non Eas	7-10x 300m fills w/g glown recovery 25 minutes at hard RP. last 10 at tempo  August  Verday  Sureday	Say and recovery Say and recovery Say and recovery Reav on Wednesday Say an Do 40 min fartas Wednesday	2-10-12 am. tempo  Thursday  3-10 min. tempo interval w/ 1.5 min. rest  43 min. tempo interval w/ 1.5 min. rest  45 min. tempo interval w/ 1.5 min. rest  52 min. tempo interval w/ 1.5 min. rest  53 min. tempo interval w/ 1.5 min. rest  54 min. tempo interval w/ 1.5 min. rest  55 min. tempo interval w/ 1.5 min. rest  56 min. tempo interval w/ 1.5 min. rest  57 min. tempo interval w/ 1.5 min. rest  58 mi	Easy and recovery Easy and recovery Friday Easy and recovery Friday Easy and Easy and Easy and Friday Friday Friday	Saturday  Leng run wi surges Leng run wi surges Leng run Karahan pale Saturday Leng run Leng	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base!  **pre comp stz!  VO2 Start 6 wel  strength end  **8 week pre 1  **Competition 1	Week 12 Week 12 Week 12 Week 13 Week 13 Week 14 Week 16 Week 16 Week 16 Week 19 Week 20	Easy run' recovery	Menday  Easy not recovery Easy not recovery Easy non Easy	7-10x 300m fills w/g down recovery 25 minutes at bard MP. last 20 at tempe  August  Versday  Form of the second of	Easy and recovery Easy and recovery Easy and recovery Easy and Eas	2-10-12 am. tempo   Thursday  3-10 min. tempo interval wi 1.5 min. rest 4 min. tempo interval wi 1.5 min. rest 4 min. tempo interval wi 1.5 min. rest 5 min. rest 6 min. tempo interval wi 1.5 min. rest 7 min. rest 7 min. rest 7 min. rest 7 min. rest 8 min. tempo interval wi 1.5 min. rest 8 min. tempo interval wi 1.5 min. rest 9 min. rest 9 min. rest 1.5 min. rest 1.5 min. rest 1.5 min. rest 1.5 min. rest 2.5 min. g 8 min. rest 1.5 min. rest 1.5 min. rest 2.5 min. g 8 min. rest 1.5 min. re	Easy run/ recovery Easy run/ recovery Easy run/ recovery Fiday Fiday Easy run Easy run Easy run Easy run Easy run Easy run	Saturday  Saturday  Long run wi sunges Long run run runnyi Marathon pace  Saturday  Saturday  Long run runnyi Marathon pace  Saturday  Long run runnyi Marathon pace  Saturday  Saturday  Saturday  Saturday  Saturday  Saturday  Saturday	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	***gre comp st1  VO2 Start 6 wel strength end  **8 week pro 1** **Competition 1	Week 12 Week 12 Week 12 Week 13 Week 13 Week 14 Week 16 Week 16 Week 16 Week 19 Week 20	Easy run' recovery	Monday  Easy nort recovery Easy nort recovery Easy non	7-10x 300m hills w/g down recovery 25 minutes at hard RP. last 10 at tempo  August  Au	Say and recovery Say and recovery Say and recovery Reav on Wednesday Say an Do 40 min fartas Wednesday	2-10-12 am. tempo   Thursday  3-10 min. tempo interval wi 1.5 min. rest 4 min. tempo interval wi 1.5 min. rest 4 min. tempo interval wi 1.5 min. rest 5 min. rest 6 min. tempo interval wi 1.5 min. rest 7 min. rest 7 min. rest 7 min. rest 7 min. rest 8 min. tempo interval wi 1.5 min. rest 8 min. tempo interval wi 1.5 min. rest 9 min. rest 9 min. rest 1.5 min. rest 1.5 min. rest 1.5 min. rest 1.5 min. rest 2.5 min. g 8 min. rest 1.5 min. rest 1.5 min. rest 2.5 min. g 8 min. rest 1.5 min. re	Easy and recovery Easy and recovery Friday Easy and recovery Friday Easy and Easy and Easy and Friday Friday Friday	Saturday  Leng run wi surges Leng run wi surges Leng run Karahan pale Saturday Leng run Leng	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	***gre comp stz*  VO2 Start 6 we'  strength end  ***B week pr  ***Competition 1  plyometric stal	Week 12 Week 12 Week 12 Week 12 Week 13 Week 13 Week 13 Week 14 Week 16 Week 16 Week 17 Week 18 Week 19 Week 20 Week 20	Easy run' recovery Easy non' recovery Easy run' recovery	Menday  Easy part recovery  Easy non  Easy non  Say non	7-10x 300m hills w/g down recovery 22 minutes at shaff RPr. last 10 at tempo  August Sunday 12 minutes at shaff RPr. last 10 at tempo  Boom g 32 pace w/ 4 min. rest  6x300m acuting down from 12 to min w/ 250m/pg  1-4x200m (13x, Rev 1050m/ 1000, 400)  13 min. tempo w/ 4 min. rest 1 4x000 g min pace w/ 2.5 min. rest  14x400m (13x, Rev 1050m/ 1000, 400)  13 min. tempo w/ 4 min. rest 1 4x000 g min pace w/ 2.5 min. rest  14x4400m (13x, Rev 1050m/ 1000, 400)  September  13x4400m (13x, Rev 1050m/ 1000, 400)  September  14x400m, 14x100 w/ 1000/(13x, min. 800) w/ 100m rest)  4x000, 14x100, 3x000 m/ 25 kw (11.5.15.200m)  Easy un  October  12x4400m hill reps.  12	Say and recovery Easy and recovery Easy fan Control Easy fan Wednesday Easy an Easy an Bay an Bay an Bay an Bay an Bay an Bay an Easy an Easy an Easy an	2010.13 min. tempo interval w/ 1.5 min. rest	Easy nutri recovery Easy nutri recovery Filday Easy nutri Easy nutri Easy nutri Easy nutri Filday Easy nutri Filday Easy nutri Easy	Saturday  Saturday  Long run wi sunges Long run wi sunges Long run	n pace in middle + last mile
anaeorbic support  Phase 3 direct endurance direct speed	**9 week base law in a compact of the compact of th	Week 12 Week 12 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15 Week 16 Week 16 Week 16 Week 17 Week 19 Week 20 Week 20 Week 21	Easy run' recovery Easy nun' recovery Easy run' recovery	Menday  Lasy nort recovery  Easy non Security  Easy non  Monday  Sary Inn  Easy non	2.10. 2000 mills w/g glown recovery 2.2 minutes at half MP. Isat 10 at tempo  August  **Lecday**  **Le	Easy north recovery Easy north recovery Easy north recovery Easy north Easy n	Date 12 am. tempo  Thurnday	Easy nun recovery  Friday Easy nun	Saturday  Long run w surges  Long run w surges  Long run Fasy run/recovery  Marathon paze  Saturday  Long run Saturday  Long run Saturday  Resident sat half marafloo  Fasy run Saturday  Resident sat half marafloo  Fasy run  Saturday  Resident saturday  Residen	in pace in middle + last mile
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anaeorbic support  Phase 3 direct endurance direct speed	**9 week base! **pre comp std  **pre comp std  VO2 Start 6 we'  strength end  **8 week pre 1 **competition  plyometric stal  taper start	Week 12 Week 12 Week 12 Week 13 Week 13 Week 13 Week 14 Week 16 Week 16 Week 17 Week 18 Week 19 Week 20 Week 20 Week 20 Week 20	Easy run' recovery	Menday  Easy net recovery Easy part recovery Easy net Eas	7.10x 300m fills w/g down recovery 22 minutes at shaff RP. Iast 20 at tempo  August Verday 7 minutes at 1 minutes 1	Easy north recovery Easy north recovery Easy north recovery Easy north Easy n	2-10-12 am. tempo interval w/ 1.5 min. rest 4 martinos paice  Thursday  3x10 min. tempo interval w/ 1.5 min. rest 4 min. tempo interval w/ 1.5 min. rest 4 min. tempo interval w/ 1.5 min. rest 5 min. rest 6 min. tempo interval w/ 1.5 min. rest 7 min. rest 7 min. rest 7 min. rest 8 min. tempo interval w/ 1.5 min. rest 8 min. tempo interval w/ 1.5 min. rest 9 min. rest 1 min. rest 1 min. rest 1 min. rest 2 min. rest 1 min. rest 2 min. rest 1 min. rest 2 min. rest 1 min. re	Easy nutr recovery Easy nutr recovery Friday Fary nutr Recovery Friday Fary nutr Fary nutr Fary nutr Friday	Saturday  Long run wi sunges Long run wi sunges Long run Karaban pace Saturday Long run Long	n pace in middle « last mile
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