

	Pace Level Anything slower 3+ distance runs up to 20 miles Aerobic Support 2 race distances up to 10 miles Direct Endurance Support 1 race distance up to 10 miles Specific 1 race distance down to 5 miles Direct Speed Support 3 race distances down to 5 miles Aerobic Support 2 race distances down to 5 miles General Speed 1 race distance down to 5 miles Neuromuscular pure speed sprints	Any Anything slower Anytime slower Half marathon to marathon lactate threshold/ half marathon 10k 1k 1500 3000m 1500m 400-800m 100-400m pure speed	1500m Anything slower Half marathon to steady state 10k 5k-3k 1500 800 400 100-400 pure speed	potential workouts: add 1 minute pickups in base phase to runs 8x100m at 800m pace 6x150 at 800m pace mix mile and 800m pace in specific training 2x500m at mile pace, 100m bound, 200 kick in steady state		
Manipulate Workouts decreased rest: ability to recover, clear fatiguing by products increased speed: increased ability to tolerate fatigue increased rep distance: increased specific endurance increased total volume: general endurance						
Sunday	Monday	May Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	Easy run + 4x10m strides	Easy run	Easy run + 4x10m strides	Easy run	Long run
Easy run/ recovery	Easy run	Easy run	10-45 minute run + 5-8x30 second hill sprints w/ 2 min rest	Easy run	Easy run	Long run
Easy run/ recovery	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down + 3 min rest				
Sunday	Monday	June Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	6 min/3 min, 5 min/3 min, 4/3, 3/2, and 2/2	Easy run	Easy run	Easy run	Long run
Easy run/ recovery	Easy run	30-45 minute run + 4x10 + 5-3x20 second hill sprints with walk down	Easy run	80% length easy run + 4x(60-90-30) w/ 3 min rest	Easy run	Long run
Easy run/ recovery	Easy run	3-4x200m (5k-3k mile 800m) [200-400]	Easy run	48-10 min cadence progression run down to v/t	Easy run	Long run + pickups
Easy run/ recovery	Easy run	4-6x130m-20m 30m/ w/ 3 min rest + 4x150 at 400m pace w/ 250m rest	Easy run	6 min/3 min, 5 min/3 min, 4/3, 3/2, and 2/2, 1/1	Easy run	Long run
				10-15x200m at mile pace w/ 200m easy		
Sunday	Monday	July Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	30 min steady state		7-10x 300m hills w/ jog down recovery		Marathon pace
Easy run/ recovery	Easy run	45 min, progression run		2x4x200m (1.6) rest at 800m pace		Long run
Easy run/ recovery	Easy run	7-10x 300m hills w/ jog down recovery		10-12 min tempo		Marathon pace
Easy run/ recovery	Easy run	25 minutes at half m/ pace 10 at tempo		70% long run at half marathon pace		
Sunday	Monday	August Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	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 (5k-3k mile 800m) [200-400]	Easy run/ recovery	3x10 min, tempo interval w/ 1.5 min rest 4x8 min, tempo interval w/ 1.5 min rest	Easy run/ recovery	Long run w/ surges
Easy run/ recovery	Easy run/ recovery	Easy run/ recovery	Easy run/ recovery	Easy run/ recovery	Easy run/ recovery	Easy run/ recovery
Easy run/ recovery	Easy run/ recovery	15 min, tempo w/ 4 min rest + 4x400 @ mile pace w/ 2.5 min rest 3x4x200m at 1k pace w/ 1.4 min rest up 100 x 400	Easy run/ recovery	6x1k 600-400 250 jog (8k, 5k, 3k, mile) w/ 2 min rest	Easy run/ recovery	Marathon pace
Sunday	Monday	September Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	Swim (optional: 4x300 w/ 100g) [3k mile 800] w/ 300m rest	Easy run	1x1k w/ 1.5 min rest + 2x1k w/ 2.5 min @ 8k	Easy run	Long run
Easy run/ recovery	Easy run	4x800, 3x400, 3x200 @ 5k w/ (1.5, 1.5, 200m)	Easy run	hill jog at dorthes dx	Easy run	Long run 2 miles at half marathon
Easy run/ recovery	15 min, tempo + 3-5x500m at mile pace with 300m recovery	Easy run	30-40 min fartlek	Easy run	Adidas XC Challenge + hills	Easy run
Easy run/ recovery	2x10 minute at v/t w/ 1.5 min rest + 2x5 min, at 5k w/ 3 min rest	Easy run		Easy run	Easy run	NCSU Club
Sunday	Monday	October Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	7-12x400m hill reps	Easy run	15 minute at 10k + 4-5x800m at 3k pace w/ 2 min rest + plyometrics	Easy run	Hagantone
Easy run/ recovery	Easy run	3x3k at 10k w/ 2 min, (min)				
Easy run/ recovery	Easy run	2x2k @ 6k pace w/ 2.5 min rest + 2x1k from 10k-5k w/ 100m jog	Easy run	1x1600m @ 5k-10 sec w/ 300m jog + 300m at 5k-25 sec w/ 4 minute rest	Easy run	Longest run
Easy run/ recovery	Easy run	1k @ 8k w/ 400m easy + 5-8x200 @ 5k w/ 200 easy +800 easy + 2x400m	Easy run	Easy run	Easy run	REGIONALS
Easy run/ recovery	Easy run	3x4x200 + 2x1200m		Easy run		
Easy run/ recovery	Easy run	200s at 10k (mile, mile, 800m) w/ 100m jog between reps & 400m jog between sets		Easy run		
Easy run/ recovery	Easy run	1200s at 1k pace w/ 45-75 sec rest		6x1k hills at dorthes dx w/ 1 min rest + plyometrics	Easy run	Long run
Sunday	Monday	November Tuesday	Wednesday	Thursday	Friday	Saturday
Easy run/ recovery	Easy run	4x400, 3x400, 3x200m @ 5k w/ (1.5, 1.5, 200m)	Easy run	4x400 at v/t w/ 1.5 min rest + plyometrics	Easy run	Long run + strides
		Easy run	1k-4x400 + 4x150	Easy and strides	Easy run	NATIONALS