				Pace Level	5k	1500m	potential workouts:			
					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		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 decreased rest:				start strength training in mid may			
			increased rest:	ability to recover, clear fatiguing by-products increased ability to tolerate fatigue			start speed and hills mid may progression and marathon pace			
			increased speed: increased rep distance:	increased ability to tolerate ratigue increased specific endurance			progression and maratinon pace threshold runs late base			
			increase total volume:	general endurance			steady state			
			increase total volume.	general endulance			tempo			
							tempo			
					May					
			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
								T		
								1		
	١	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 wi	it Easy run	Easy run	Long run	
general endurance	٠ ١	Week 3	Easy run/ recovery	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down + 3 r	nn. rest + 15 min. cool down	4	4	4	
neuromuscular										
					June					
			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Week 3		4		Easy run	General endurance and strides	Easy run	Long run	
	,		Easy run/ recovery	Easy run	6 min/3 min, 5 min/3 min, 4/3, 3/2, and 2/2 30.45 minute run + 4x10 + 2x3x20 second bill sprints with walk dox	Easy run		Easy run	Long run	
			Easy run/ recovery Easy run/ recovery	Easy run		Easy run		Easy run	Long run + pickups	
				Easy run	3-4x200m (5k,3k,mile 900m) [200,400] 4-6x(30m-20m-30m) w/ 3 min. rest + 4x150 at 400m pace w/ 250m	Easy run	6 min/3 min, 5 min/3 min, 4/2, 3/2, and 2/2, 1/1	Easy run	Long run	
	,	Week /	icasy runy recovery	Easy run	4-0x(30III-20III-30III) W/ 3 IIIIII. 165£ + 4x130 at 400III pace W/ 230III	casy run	10-158200H at mile pace w/200H easy		-	
					July					
			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	١	Week 7							Marathon pace	
Phase 2	١	Week 8	Easy run/ recovery		30 min. steady state		7-10x 300m hills w/ jog down recovery		Long run	
aeorbic support		Week 9	Easy run/ recovery		45 min. progression run		2x4x200m [3,6] rest at 800m pace		Long run	
anaeorbic support	**9 week base \	Week 10	Easy run/ recovery		7-10x 300m hills w/ jog down recovery		2x10-12 min. tempo		Marathon pace	
anaeorbic support	**9 week base \ **pre comp sta\	Week 10 Week 11	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 base \ **pre comp sta\	Week 10 Week 11	Easy run/ recovery		7-10x 300m hills w/ jog down recovery		2x10-12 min. tempo		Marathon pace	
anaeorbic support	**9 week base \ **pre comp sta\	Week 10 Week 11	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		Marathon pace	
anaeorbic support	**9 week base \ **pre comp sta\	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	Wadanday	2x10-12 min. tempo 75% long run at half marathon pace	Side	Marathon pace	
anaeorbic support	**9 week base \ **pre comp sta\	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	Wednesday	2x10-12 min. tempo 75% long run at half marathon pace	Friday	Marathon pace Saturday	
anaeorbic support	**9 week base \ **pre comp sta\	Week 10 Week 11 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	7-10x 300m tills 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 base \ **pre comp sta\	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 B00m @ 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 sta\ \	Week 10 Week 11 Week 12 Week 12	Easy run/ recovery Easy run/ recovery Easy run/ recovery	Monday	7.10s 300m hills w/ jog down recovery 25 minutes at half MP, last 10 at tempo August Tuesday 500m @ 35 sakes w/ 4 min. rest 600m @ 35 sakes w/ 4 min. rest feet then 4 min. rest 600m monthing down from 3t to min w/ 300m jog	Wednesday	2:10:17 min. tempo 75% long run at half maristhon pace Thursday 3x10 min. tempo interval w/ 1.5 min. rest	Friday	Marathon pace	
anaeorbic support Phase 3 direct endurance	**9 week base \ **pre comp stz\	Week 10 Week 11 Week 12 Week 12 Week 12 Week 13	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery	Monday	7.10s 300m hills or jog down recovery 25 minutes at half MP. last 10 at tempo August Unoday Down 9.5 years or /A min. rest. 44400m 9 mile pace or /A 5 min. rest then 4 min. rest. 64000m socking down from 8 to mile or 300m jog 64000m working down from 8 to mile or 300m jog 14400m (54, Minutes Boom) 1200, 400 jog		2:10:17 min. tempo]5% long run at half manathon pace Thursday 1.10 min. tempo interval w/ 1.5 min. rect 4.64 min. tempo interval w/ 1.5 min. rect		Saturday Long run w/ surges Long run	
anaeorbic support	**9 week base \ ***pre comp stz\ \	Week 12 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 nutri recovery	7.10s 300 hills of jog down recovery 25 minutes at half MP. last 10 at tempo August Tuesday 800m g) Ts pace w/4 min. rest 4000m g) Ts pace w/4 min. rest 4000m g) Ts pace w/5 5 min. rest than 4 min. rest 6x000m sovining down from 3 ts min w/300m jog 6x0	Easy run/ recovery	27012 min. tempo T75%. long run at half martathon pace Thursday 210 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest 549 min. tempo process T75 min. rest 549 min. rest	Easy run/ recovery	Saturday Long run w/ surges Long run Essy run/ recovery	
anaeorbic support Phase 3 direct endurance	**9 week base \ **pre comp stz\ \	Week 11 Week 12 Week 12 Week 12 Week 13 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 mul recovery Easy mul recovery	2.10. 2001 hills of jog down recovery 25 minutes at hard RF. last 10 at tempo August Tureday Sucho 9 is pace of 4 min. rest 4x400m g mile spice of 2 min. rest then 4 min. rest 4x400m g mile spice of 2 min. rest then 4 min. rest 4x400m g mile spice of 2 min. rest then 4 min. rest 6x400m usching down 6 min 3 to mile of 300m jog 2-4x200m list, ik. mine 800m j000-4600 3 min. rest of 4x400 g mile pace of 2 min. rest	Easy run/ recovery Easy run/ recovery	230.12 min. tempo 73% long run at half martathon pace Thursday 24.0 min. tempo interval w/ 1.5 min. rest 44.6 min. tempo interval w/ 1.5 min. rest 24.6 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 11 Week 12 Week 12 Week 12 Week 13 Week 13 Week 14 Week 15	Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery	Monday Easy mul recovery Easy mul recovery	7.10s 300 hills of jog down recovery 25 minutes at half MP. last 10 at tempo August Tuesday 800m g) Ts pace w/4 min. rest 4000m g) Ts pace w/4 min. rest 4000m g) Ts pace w/5 5 min. rest than 4 min. rest 6x000m sovining down from 3 ts min w/300m jog 6x0	Easy run/ recovery	27012 min. tempo T75%. long run at half martathon pace Thursday 210 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest 549 min. tempo process T75 min. rest 549 min. rest	Easy run/ recovery	Saturday Long run w/ surges Long run Essy run/ recovery	
anaeorbic support Phase 3 direct endurance	**9 week base \ **pre comp stz\ \	Week 11 Week 12 Week 12 Week 12 Week 13 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 mul recovery Easy mul recovery	2.10.0 500 hills of jog down recovery jog commerce start MP. Isat 10 at tempo August Tuesday 500m g 38 pace w/4 min. rest 600m working down form 3t to min w/1 500m jog 3-84200m (St.), Remie 800m j 1200, 4000 [25 min. trongo w/4 min. rest 4.4400 g mide pace w/2.5 min. rest heartform at 7 min. rest of jog 100 s. 400	Easy run/ recovery Easy run/ recovery	27012 min. tempo T75%. long run at half martathon pace Thursday 210 min. tempo interval w/ 1.5 min. rest 448 min. tempo interval w/ 1.5 min. rest 549 min. tempo process T75 min. rest 549 min. rest	Easy run/ recovery	Saturday Long run w/ surges Long run Essy run/ recovery	
anaeorbic support Phase 3 direct endurance	**9 week base \\ **pre comp sta\\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\	Week 12 Week 12 Week 12 Week 13 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 Easy run/ recovery Easy run/ recovery	Menday Lasy near recovery Lasy near recovery Rasy nan	2.10. 200m hills e/j og down recovery 22 minutes at harf MP. last 10 at tempo August Tuesday Soom 9 ik pace e/d min. rest 4x400m g mile pace e/d x min. rest then 4 min. rest 4x400m g mile pace e/d x min. rest then 4 min. rest 6x400m avching down from 3 to mine e/d 300m jog 2.6x1 min. rest x 4x400 g mine pace e/d x 5 min. rest then 6 min. Rest 2.6x1 min. rest x 4x400 g mine pace e/d 2.5 min. rest 1.5x1 min. tempo e/d min. rest x 4x400 g mine pace e/d 2.5 min. rest 1.5x14x160m all 3 pace e/d 1.4 min. rest jog 100 6.400.	Easy run/recovery Easy run/recovery Easy run/recovery	Data 12 min. tempo Thursday Thursd	Easy run/ recovery Easy run/ recovery	Saturday Saturday Long run w/ surges Long run w/ surges Long run Fasy run recovery Narathon pace	
anaeorbic support Phase 3 direct endurance	**9 week base \text{\text{**} pre comp str\text{\text{**}} \text{\text{\$V\$}} \	Week 10 Week 11 Week 12 Week 12 Week 13 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	Menday Lasy near recovery Lasy near recovery Rasy nan	2.10.0 500 hills of jog down recovery jog commerce start MP. Isat 10 at tempo August Tuesday 500m g 38 pace w/4 min. rest 600m working down form 3t to min w/1 500m jog 3-84200m (St.), Remie 800m j 1200, 4000 [25 min. trongo w/4 min. rest 4.4400 g mide pace w/2.5 min. rest heartform at 7 min. rest of jog 100 s. 400	Easy run/ recovery Easy run/ recovery	Data 12 min. tempo Data 12 m	Easy run/ recovery Easy run/ recovery Friday	Saturday Saturday Saturday Long run w/ surges Long run Easy run/ recovery Marathon pace	
anaeorbic support Phase 3 direct endurance	**9 week base \text{\text{**} pre comp str\tag{\text{\text{\$\tex{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$}\exititt{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\text{\$\tex{\$\text{\$\texititt{\$\text{\$\text{\$\texititt{\$\text{\$\texi\}\$}}}}}}}}} \text{\$\text{\$\text{\$\tex	Week 12 Week 12 Week 12 Week 13 Week 14 Week 15 Week 16	Easy run recovery Easy run's recovery	Monday Fasy met recovery Fasy met recovery Fasy met recovery Fasy met Monday Monday	7.10. 300 mills w/ jog down recovery 25 millsde st hard RP. last 10 at tempo August Tuesday Sund 3 % pace w/ 4 min. rest 4x400m g mills gace w/ 2 min. rest then 4 min. rest 4x400m g mills gace w/ 3 min. rest then 4 min. rest 4x400m spring pace w/ 3 min. rest then 4 min. rest 4x400m spring pace w/ 3 min. rest then 4 min. rest 4x400m spring pace w/ 3 min. rest then 4 min. rest 23-4x200m (St. Br. min. min. rest 4x400) g min pace w/ 2 5 min. rest 23x4x400m at B pace w/ 1 4 min. rest 9x400 g min pace w/ 2 5 min. rest 2x4x400m at B pace w/ 1 4 min. rest 9x100 f 5x00 Tuesday	Easy run' recovery Easy run' recovery Easy run' recovery Easy run Wednesday	2x10.12 min. tempo TPSs. loog nor at half materbon pace TPursday 3x10 min. tempo interval w/ 1.5 min. rest 4x8 min. tempo interval w/ 1.5 min. rest 12x1x. 600. 400. 200 pg (8tt. 3tt. 3tt. mine w/ 2 min. TPursday Stalk w/ 1.5 min. rest + 2x1x w/ 2.5 min. ⊕ 8t	Easy run/ recovery Easy run/ recovery Friday Fasy run	Saturday Saturday Long run w/ surges Long run Long run Saturday Saturday Saturday Long run	uvce in middle a bast mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base \text{\text{**} pre comp stx\text{\text{\text{**}}} \text{\text{VO2 Start 6 we}}	Week 10 Week 11 Week 12 Week 12 Week 12 Week 13 Week 14 Week 15 Week 16	Easy run recovery Easy run's recovery	Monday Facy norl recovery Facy full Convery Facy full F	2.10. 200m hills et jog down recovery 22 minutes at half MP. last 10 at tempo August Tuenday Solom 9 Br. pace wil 4 min. rest 4x400m g mile pace wil 2.5 min. rest than 4 min. rest 4x400m g mile pace wil 2.5 min. rest than 4 min. rest 4x400m g mile pace wil 2.5 min. rest than 4 min. rest 4x400m g mile pace wil 2.5 min. rest than 4 min. rest 4x400m g mile pace wil 2.5 min. rest 125 min. tempo at 100 min. et 4.4400 g mile pace wil 2.5 min. rest 125 min. tempo at min. et 4.4400 g mile pace wil 2.5 min. rest 125 min. tempo at min. et 4.4400 g mile pace wil 2.5 min. rest 125 min. tempo at min. et 4.4400 g mile pace wil 2.5 min. rest 125 min. tempo at 100 g mile pace wil 2.5 min. rest 125 min. tempo at 100 g mile pace wil 2.5 min. rest 125 min. rest 12	Easy run/ recovery Easy run recovery Easy run Wednesday Easy run	230127 ms. tempo 75% loog run at half martifhon pace 75% loog run at half martifhon pace 230 min. tempo listenul wi 1.5 min. net 430 min. tempo listenul wi 1.5 min. net 230 min. tempo listenul wi 1.5 min. net 230 min. tempo listenul wi 1.5 min. net 230 min. tempo listenul wi 1.5 min. net 231 min. recevery [11] to 00 d 00. 250 / 16 / 16 / 15 / 15 min. net 231 min. recevery [25] to 1.5 min. ret ± 2.1 k wi 2.5 min. ⊗ 8k 11 loog at 40 min. net ± 2.1 k wi 2.5 min. ⊗ 8k	Easy run/ recovery Easy run/ recovery Friday Easy run Easy run Easy run	Saturday Saturday Long run w/ surges Long run Essy run/ recovery Marathon pace Saturday Long run L	ace in middle + last mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base \text{\text{***pre comp stall}} VO2 Start 6 welv strength end	Week 10 Week 11 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16	Easy run' recovery	Menday Easy and receivery Easy and receivery Easy and receivery Menday Easy and Fast on the Control of the	2-10.0 2001 hills of jog down recovery /2 minutes at half Mr. last 10 at tempo August Varieties / Last 10 at tempo Some jii ya pace w/4 min. rest August 100m jii ya pace w/4 min. rest August 100m jii ya pace w/2 min. rest August 100m jii ya pace w/2 min. rest August 100m jii ya pace w/2 min. rest August 100m jii ya August 100m ji ya August 100m	Easy run' recovery Easy run' recovery Easy run' recovery Easy run Wednesday	2.50.12 min. tempo Thursday 3.10 min. tempo interval wi 1.5 min. net 4 min. tempo interval wi 1.5 min. net 4 min. tempo interval wi 1.5 min. net 221. 600. 400. 250 jg (85. 85. 85. mine wi 2 min. Thursday 2.13 wi 1.5 min. rest + 2.13 wi 2.5 min. ⊕ 88 2.14 wi 1.5 min. rest + 2.13 wi 2.5 min. ⊕ 88	Easy run/ recovery Easy run/ recovery Friday Fasy run	Saturday Saturday Long run w/ surges Long run Long run Saturday Saturday Saturday Long run	ace in middle + last mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base l **pre comp stal VD2 Start 6 wel strength end **8 week pre l **competition l	Week 10 Week 11 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 17 Week 18 Week 19	Easy run' recovery	Monday Easy nutri recovery Easy fuel recovery Easy fuel recovery Easy fuel	2.10. 200m hills of jog down recovery 22 minutes at shaff MF. Isat 10 at tempo August Yuerday Solom § Sh. pace w/ 4 min. rest 4.400m g minle pace w/ 2.5 min. rest than 4 min. rest 4.400m g minle pace w/ 2.5 min. rest than 4 min. rest 4.400m (3.14, km 5.800m 10.04, 4.00) Zeap ran't recovery: 3.5 min. tempo at w/ 3.5 min. rest than 6 min. pace w/ 2.5 min. rest 1.4400 g mile pace w/ 2.5 min. rest 1.4400 g mi	Easy nun' recovery Easy run' recovery Rasy run Wednesday Easy run Easy run	23:03:27 min. tempo Thursday hall min. tempo interval w/ 1.5 min. rest 4xd min. tempo interval w/ 1.5 min. rest Easy nutriceowy 171: 800: 400. 230 lpg file, 3s, 3s, minle w/ 2 min. Thursday Disk w/ 1.5 min. rest + 2x1k w/ 2.5 min. · g IR Hill loop at cyfrhand ux Easy nutriceo	Fishy nuni recovery Lasy nuni recovery Friday Friday Fasy run Addidax XC Challenge + hills Autor Van	Saturday Saturday Long run wi surges Long run wi surges Long run wi surges Long run Long run wi surges Long run Long run surges Long run Long run run Long	sace in middle + last mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base l **pre comp stal VD2 Start 6 wel strength end **8 week pre l **competition l	Week 10 Week 11 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16	Easy run' recovery	Menday Easy and receivery Easy and receivery Easy and receivery Menday Easy and Fast on the Control of the	2.10. 200m hills of jog down recovery 22 minutes at shaff MF. Isat 10 at tempo August Yuerday Solom § Sh. pace w/ 4 min. rest 4.400m g minle pace w/ 2.5 min. rest than 4 min. rest 4.400m g minle pace w/ 2.5 min. rest than 4 min. rest 4.400m (3.14, km 5.800m 10.04, 4.00) Zeap ran't recovery: 3.5 min. tempo at w/ 3.5 min. rest than 6 min. pace w/ 2.5 min. rest 1.4400 g mile pace w/ 2.5 min. rest 1.4400 g mi	Easy nun' recovery Easy run' recovery Rasy run Wednesday Easy run Easy run	2.50.12 min. tempo Thursday 3.10 min. tempo interval wi 1.5 min. net 4 min. tempo interval wi 1.5 min. net 4 min. tempo interval wi 1.5 min. net 221. 600. 400. 250 jg (85. 85. 85. mine wi 2 min. Thursday 2.13 wi 1.5 min. rest + 2.13 wi 2.5 min. ⊕ 88 2.14 wi 1.5 min. rest + 2.13 wi 2.5 min. ⊕ 88	Easy runf recovery Easy runf recovery Friday Easy run Easy run Adidas XC Challenge + hills	Saturday Saturday Long run wi surges Long run wi surges Long run wi surges Long run Long run wi surges Long run Long run surges Long run Long run run Long	sace in middle + last mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base l **pre comp stal VD2 Start 6 wel strength end **8 week pre l **competition l	Week 10 Week 11 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 17 Week 18 Week 19	Easy run' recovery	Menday Easy neaf recovery Easy neaf recovery Easy near	2.10. 200m hills e/j og down recovery 25 minutes at half MP. Isat 10 at tempo August Tuesday Solm (3 %) pace e/d min. rest 4x400m g mile pace e/d min. rest 4x400m g mile pace e/d s min. rest then d min. rest 4x400m g mile pace e/d 5 min. rest then d min. rest 4x400m g mile pace e/d 5 min. rest then d min. rest 6x00m exchizing down them 18 to min e/d 25 min. rest then min e/d 25 min. rest then min. rest the 4x400 g mile pace e/d 25 min. rest 25 min. rest pace e/d 25 min. rest then min. rest 4x400 g mile pace e/d 25 min. rest 25 restmit (pettors d/ 4x300 g/d 250m rest) 250m rest	Easy nun' recovery Easy run' recovery Rasy run Wednesday Easy run Easy run	23:03:27 min. tempo Thursday hall min. tempo interval w/ 1.5 min. rest 4xd min. tempo interval w/ 1.5 min. rest Easy nutriceowy 171: 800: 400. 230 lpg file, 3s, 3s, minle w/ 2 min. Thursday Disk w/ 1.5 min. rest + 2x1k w/ 2.5 min. · g IR Hill loop at cyfrhand ux Easy nutriceo	Fishy nuni recovery Lasy nuni recovery Friday Friday Fasy run Addidax XC Challenge + hills Autor Van	Saturday Saturday Long run wi surges Long run wi surges Long run wi surges Long run Long run wi surges Long run Long run surges Long run Long run run Long	zace in middle + last mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base l **pre comp stal VD2 Start 6 wel strength end **8 week pre l **competition l	Week 10 Week 11 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 17 Week 18 Week 19	Easy run' recovery	Manday Easy neaf recovery Easy room Basy room Easy room	2-10.0 2001 hills of jog down recovery 2 2 minutes at shaff MP. last 10 at tempo August Yuerday Support Sup	Easy not recovery Easy not recovery Easy not recovery Wednesday Easy un Easy un Easy un Easy un Easy un Easy un	Data 12 min. tempo interval w/ 1.5 min. rest 3x10 min. tempo interval w/ 1.5 min. rest 4x10 min. tempo interval w/ 1.5 min. rest 4x3 min. tempo interval w/ 1.5 min. rest 4x4 min. tempo interval w/ 1.5	Easy runf recovery Easy runf recovery Friday	Saturday Saturday Long run of surges Long run of surges Long run Fasy run's recovery Auraham pale Saturday Long run Resident recovery Re	sace in middle + last mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base l **pre comp stal VO2 Start 6 wel strength end **8 week pre 1 **Competition 1	Week 10 Week 11 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 19 Week 19	Easy run' recovery	Manday Easy neaf recovery Easy room Basy room Easy room	2.10. 200m hills e/j og down recovery 25 minutes at half MP. Isat 10 at tempo August Tuesday Solm (3 %) pace e/d min. rest 4x400m g mile pace e/d min. rest 4x400m g mile pace e/d s min. rest then d min. rest 4x400m g mile pace e/d 5 min. rest then d min. rest 4x400m g mile pace e/d 5 min. rest then d min. rest 6x00m exchizing down them 18 to min e/d 25 min. rest then min e/d 25 min. rest then min. rest the 4x400 g mile pace e/d 25 min. rest 25 min. rest pace e/d 25 min. rest then min. rest 4x400 g mile pace e/d 25 min. rest 25 restmit (pettors d/ 4x300 g/d 250m rest) 250m rest	Easy nun' recovery Easy run' recovery Rasy run Wednesday Easy run Easy run	Data 12 min. tempo interval w/ 1.5 min. rest 3x10 min. tempo interval w/ 1.5 min. rest 4x10 min. tempo interval w/ 1.5 min. rest 4x3 min. tempo interval w/ 1.5 min. rest 4x4 min. tempo interval w/ 1.5	Fishy nuni recovery Lasy nuni recovery Friday Friday Fasy run Addidax XC Challenge + hills Autor Van	Saturday Saturday Long run at surges Long run at surges Long run Saturday Saturday Saturday Long run Long	sace in middle + last mile
anaeorbic support Phase 3 direct endurance direct speed	**9 week base l **pre comp stal VO2 Start 6 wel strength end **8 week pre 1 **Competition 1	Week 10 Week 11 Week 12 Week 12 Week 13 Week 14 Week 16 Week 16 Week 16 Week 17 Week 18 Week 19	Easy run' recovery	Manday Easy neaf recovery Easy room Basy room Easy room	2-10.0 2001 hills of jog down recovery 2 2 minutes at shaff MP. last 10 at tempo August Yuerday Support Sup	Easy not recovery Easy not recovery Easy not recovery Wednesday Easy un Easy un Easy un Easy un Easy un Easy un	230327 ms. tempo Thursday	Easy runf recovery Easy runf recovery Friday	Saturday Saturday Long run of surges Long run of surges Long run Fasy run's recovery Auraham pale Saturday Long run Resident recovery Re	sace in middle + last mile
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