

Week/ Workout number	Rodger				MPW
	Workout	Recovery	Pace		
Week 1			HM RP or so...just run hard		47
Week 2	45min 1 tempo 6X500- 2 600m hill	Jog down	Hard		50
	5Xmile 1 (maybe 6)	3min	80% mile RP		
Week 3	20min 2 tempo		88% 5k RP		50
	8X500- 1 600m hill	Jog down	Hard		
Week 4	5Xmile 2 (maybe 6)	3min	80% mile RP		52
	Fartlek 10X(2:00 1 on, 2:00 off)		Not too hard		
Week 5	2				55
	40min 1 tempo 8X500- 2 600m hill	Jog down	Faster than the tempo from before  Hard		
Week 6					55
Week 7	1 8X1000m 2X15min 2 tempo	3min 5min	85% mile RP 92% 5k RP		58
	8X500- 1 600m hill	Jog down	Hard		
Week 8	2 5Xmile	3min	85% mile RP		60
	1 16X400m 2	1:2 rec.	92-95% mile RP		
Week 9					55
Week 10	35min 1 tempo 10X400m 2 hills	Jog down	Faster than that 40min one before  Hard		60

	1 8X1000m	3min	88% mile RP	
Week 11	20min 2 tempo		92% 5k RP	63
	10X400m 1 hills	jog down	Hard	
Week 12	2 5Xmile	3min	88% mile RP	65
	1 16X400m 2	1:2 rec.	92-95% mile RP	
Week 13	20min 1 tempo		92% 5k RP	60
Week 14	2 10X800m	3min	91% mile RP	60
	4X[1000m 1 500m]	2min btwn intervals, 3min btwn sets	Alternate paces	
Week 15	2 8X400m hills	jog down	hard	60
	1 5Xmile	3min	91% mile RP	
Week 16	2 14X400m	1:1.5 rec.	95% mile RP 50 (Adidas XC)	
	3000 + 2000 + 1 3X1000m 2 8X600m	5min + 4min + 3min (respectively ) 1:30	92% 5k RP, 8k RP, 5k RP (respectively )	
Week 17	8X200m 1 steep hills 30min 2 tempo	Jog down	Hard	55
Week 18			10k pace	55
	1 5Xmile 2 3X10min	3min 4min	91% mile RP 8k pace	55
Week 19	1 8X800 20min 2 tempo	3min	94% mile RP 8k pace	50
Week 20	1 8X1000m 2 mile time 2 trial		1:45 8k pace All out	
Week 21	1 8X400m	1:1 rec.	mile RP	40
Week 22	2 4Xmile	3min	94% mile RP	35
	1 8X400m 2 Sharpeners	1:1 rec.	mile RP	

Blake				
Week/ Workout number	Workout	Recovery	Pace	MPW
Week 1	30 minute steady state 1 run		80% mile -88% 5k RP	38
Week 2	2 Short hills  5x1 mile 1 repeats	3 minute rest.		44
Week 3	20 minute 2 tempo  Long hill 1 repeats 6x3 minute cruise 2 interval		85-82% mile 92% 5k RP    87-85% mile RP	48
Week 4	20-25 minute 1 tempo run 5 x 200 R (mile pace), 200 jog, 200 R, 400 jog, 2x200 R 2 with 200 jog		85% mile RP-92% 5k RP	52
Week 5	30-35 minute 1 steady state		80% mile -88% 5k RP	48
Week 6	2  2x8x200 R (mile pace) with 200 jog (800 between 1 sets). 3x10 minute 2 tempo		mile pace      92% 5k RP	53
Week 7	1 Short hills 5x1 mile repeats at cruise 2 interval	Jog down   3min		56
Week 8			85-87% mile RP	59
Week 9	1 2  35-40 minute 1 steady state			54
Week 10	2 12-15 400s	1:2 rec.	80% mile -88% 5k RP 92-95% mile RP	60

	8x1000m at 1 10k pace	3min	87-85% mile RP 85-82% mile 92% 5k RP	
Week 11	25 minute 2 tempo run			63
	1			
Week 12	2 5k road race			65
	1			
Week 13	2			60
	1			
Week 14	2			60
	6x1 mile at 10k goal 1 pace		87-85% mile RP	
Week 15	2			60
	1			
Week 16	2		50 (Adidas XC)	
	2 mile+4x1 mile at 10k 1 pace		87-85% mile RP	
Week 17	2			55
	1			
Week 18	2			55
	2x2 mile+2x1 mile at 10k 1 pace		87-85% mile RP	
Week 19	2			55
	1			
Week 20	2			50
	3x2 miles at 1 10k pace		87-85% mile RP	
Week 21	2			40
	1 8X400m	1:1 rec.	mile RP	
Week 22	2 4Xmile	3min	94% mile RP	35
	1 8X400m	1:1 rec.	mile RP	
	2 Sharpeners			

		mile	5k		
	conversion				
	s	4.90	17.00	percentage	
	steady	5:48-6:04	6.2165909	80% mile- 88% 5k RP	half marathon on fast end
	tempo	5:34-5:47	5.9463043	85-82% mile 92% 5k RP	
	tempo interval	5:29-5:42	5.9036145	86-83% mile RP	
cruise:	mile	5:25-5:34	5.6976744	87-85% mile RP	10k pace
		800 2:42-2:46		87-85% mile RP	
		600 2:01-2:04			
		400 1:21-1:23		95-96% 5k RP	
speed	pace	400 1:12-1:16		92-95% mile RP	
	800m	2:29-2:37		84-91% mile rp	
	1600m	5:18-5:27		89%-87% mile rp	

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