				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	1 race distance up	10k	5k-3k	mix mile and 800m pace in specific training		
			Specific	race pace	5k	1500	2x500m at mile pace, 100m bound, 200 kick in		
			Direct Speed Support	1 race distance down	3000m	800			
			Anaerobic Support	2 race distances down	1500m	400			
			General Speed	3 race distances down	400-800m	100-400			
			Manipulate Workouts decreased rest: increased speed: increased rep distance:	ability to recover, clear fatiguing by-products increased ability to tolerate fatigue increased specific endurance	100-400m	pure speed	long runs and strength after during mid summer pure speed through may do hip drills start strength training in mid may start speed and hills mid may progression and marathon pace threshold runs late base	transition to resistance bands	
			increase total volume:	general endurance			steady state		
							tempo		
					May				
			Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday
								Easy run	Easy run
			Easy run/ recovery	Easy run	Easy run	Easy run	Easy run	Easy run	Easy run
			Easy run/ recovery	Easy run	Easy run and strides	Easy run	Easy run and strides	Easy run	Easy run
	**base starts		Easy run/ recovery	Easy run	Easy run and strides	30-45 minute run + 5-8x10 second hill sprints with walk down + 3 min. rest + 3		Easy run	Long run
			Easy run/ recovery	50 min. progression run	Easy run	30-45 minute run + 5-8x10 second hill sprints with walk down + 3 min. rest +	15 Easy run	Easy run	Long run and strides
		Week 3	Easy run/ recovery						
					June				
Phase 1			Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday
general endurance		Week 3		fartlek 6/3, 5/3, 4/3, 3/2, 2/2 w/u & c/d 2 miles	Easy run	4-7x60m at 95% w/ 3 min. rest	Easy run	Easy run	Long run and strides
neuromuscular		Week 4	Easy run/ recovery	lactate threshold 12 minutes, 3 minutes, 12 minutes continuous	Easy run	30-45 minute run + 5-8x10 sec. + 3x25 sec. hills with jog down + 2 min. rest +	1 Easy run	Easy run	Long run and strides
		Week 5	Easy run/ recovery	[6/3, 5/3, 4/2, 3/2, 2/2, 1/1] warmup and cool down 2 miles	Easy run	2x60m + 2x80m + 2x100m at 95% w/ 3 min. rest	Easy run	Easy run	Long run and strides
				50 min. progression run	Easy run	5x10-15 sec. hills + 3x150m w/ 3 min. rest	Easy run	Easy run	Long run w/ pickups
		Week 1	Easy run/ recovery	Easy run	steady state 30 minutes				
			Sunday	Monday	July Tuesday	Wednesday	Thursdy	Friday	Saturday
		Week 1	Sulluay	Williay	Tuesday	Easy run	2x4x200m [3,6] rest at 800m pace	Easy run	
Phase 2		Week 2	Easy run/ recovery	Easy run	steady state 35 minutes	Easy run	3x350m w/ 5 min. + 4x150m w/ walk back at 800m	Easy run	Long run Long run w/ pickups

aeorbic support	**9 week base ends	Week 3	Easy run/ recovery	Easy run	2x15 minute tempo w/ 3 min. jog	Easy run	4x200m, 2,400m, 1x600m, 2x400m, 4x200m	Easy run	Marathon pace
anaeorbic support	**pre comp starts	Week 4	Easy run/ recovery Easy run/ recovery	Easy run Easy run	tempo 20 minutes steady state 25 minutes + 10 tempo	Easy run Easy run	3-4x3-4x300m w/ [1, 4] min. rest at 3k pace 4x3-4x400m w/ [1, 4] min. rest at 3k pace	Easy run Easy run	Long run
		WEEK J	Lasy runy recovery	Lasy (u)	steady state 23 minutes + 10 tempo	Lasy (u)	4x3-4x400iii W/ [1, 4] IIIII. Test at 5k pace	Lasy Iuli	Feak
					August				
			Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday
		Week 5	Sunday	Worlday	Tuesday	wednesday	Illurady	Tilday	Long run w/ pickups
		Week 6	Easy run/ recovery	Easy run	5-6x500m w/ 3 min. rest at mile pace	Easy run	3x10 minute w/ 2 min rest	Easy run	
		Week 1	Easy run/ recovery	Easy run	tempo 25 minutes + 4-6x100m w/ 2 min. rest	Easy run	5x1k w/ 3 min. rest at 3k pace	Easy run	Long run Marathon pace
Phase 3		Week 2	Easy run/ recovery	Easy run	Easy run	Easy run	Easy run	Easy run	Long run
direct endurance		Week 3	Easy run/ recovery	Easy run	3x4x400m at 3k pace w/ 1,4 min. rest jog 100 & 400	Fasy run	aeorbic support(tempo 25 minutes)	Fasy run	
direct speed			Easy run/ recovery	Easy run	SANATOON OF SA POCE W/ 1,4 HIII. TEST JUN 100 CC 400	Looy run	ocorore support(tempo 25 minutes)	Lusy (dil	Long run w/ pickups
ancet speed				passy run					
		week 4		•					
		week 4			Sontombor				
		week 4		Monday	September Tugsday	Wednesday	Thursdy	Friday	Saturday
			Sunday	Monday	Tuesday	Wednesday	Thursdy	Friday	Saturday
	**Q wook are comp	Week 4	Sunday		Tuesday 5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest	Easy run	5x(600,300) w/ [1.5,3] rest at 3k, mile pace	Easy run	Long run
strength	**8 week pre comp ends	Week 4 Week 5	Sunday Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k	Tuesday 5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run	Easy run Easy run with 1-2 min. surges every 8-10 minutes	5x(600,300) w/ [1.5,3] rest at 3k, mile pace Easy run	Easy run Easy run	Long run UNC Club + 6x200 hard (31ish
strength	**8 week pre comp ends **competition starts	Week 4 Week 5 Week 6	Sunday Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k 5x4 min. w/ 3 min rest at 5k pace	Tuesday 5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run Easy run	Easy run Easy run with 1-2 min. surges every 8-10 minutes Easy run w/ strides	5x(600,300) w/ [1.5,3] rest at 3k, mile pace Easy run Easy run	Easy run Easy run Adidas XC	UNC Club + 6x200 hard (31ish Long run
Phase 4	**competition starts	Week 4 Week 5 Week 6 Week 1	Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k 5x4 min. w/ 3 min rest at 5k pace 30-45 minute run +8x8 sec. +3x25 sec. hills with jog down + 2 min. rest + 1	Tuesday 5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run Easy run fi Bay run	Easy run with 1-2 min. surges every 8-10 minutes Easy run with 1-2 min. surges every 8-10 minutes Easy run w/ strides 6x500 at 5k w/ 300m jog + 4x150 at 800m jog 250m	5x(600,300) w/ [1.5,3] rest at 3k, mile pace Easy run	Easy run Easy run	Long run UNC Club + 6x200 hard (31ish
Phase 4		Week 4 Week 5 Week 6 Week 1	Sunday Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k 5x4 min. w/ 3 min rest at 5k pace	Tuesday 5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run Easy run	Easy run Easy run with 1-2 min. surges every 8-10 minutes Easy run w/ strides	5x(600,300) w/ [1.5,3] rest at 3k, mile pace Easy run Easy run	Easy run Easy run Adidas XC	UNC Club + 6x200 hard (31ish Long run
Phase 4	**competition starts	Week 4 Week 5 Week 6 Week 1	Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k 5x4 min. w/ 3 min rest at 5k pace 30-45 minute run +8x8 sec. +3x25 sec. hills with jog down + 2 min. rest + 1	Tuesday - Sext k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest - Easy run - Easy run - Teay run - Samile at 5k w/ 3 min. rest + hard 400 in about 64	Easy run with 1-2 min. surges every 8-10 minutes Easy run with 1-2 min. surges every 8-10 minutes Easy run w/ strides 6x500 at 5k w/ 300m jog + 4x150 at 800m jog 250m	5x(600,300) w/ [1.5,3] rest at 3k, mile pace Easy run Easy run	Easy run Easy run Adidas XC	UNC Club + 6x200 hard (31ish Long run
Phase 4	**competition starts	Week 4 Week 5 Week 6 Week 1	Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min, jog last rep at 8k Sx4 min. w/ 3 min rest at 5k pace 30-45 minute run + 8x8 sec. + 3x25 sec. hills with jog down + 2 min. rest + 1 Easy run	Tuesday -8-8x1 ka 18 k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run Easy run 5 m Easy run 5 m Easy run 5 meany run 5 mmle at 5k w/ 3 min. rest + hard 400 in about 64	Easy run with 1-2 min. surges every 8-10 minutes Easy run w/ strides 6x500 at 5k w/ 300m jog + 4x150 at 800m jog 250m Easy run	Sx(600,300) w/ [1.5,3] rest at 3k, mile pace £asy run £asy run	Easy run Easy run Adidas XC Easy run	Long run UNC Club + 6x200 hard (31ish Long run Haganstone
Phase 4	**competition starts	Week 4 Week 5 Week 6 Week 1 Week 2	Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k 5x4 min. w/ 3 min rest at 5k pace 30-45 minute run +8x8 sec. +3x25 sec. hills with jog down + 2 min. rest + 1	Tuesday - Sext k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest - Easy run - Easy run - Teay run - Samile at 5k w/ 3 min. rest + hard 400 in about 64	Easy run with 1-2 min. surges every 8-10 minutes Easy run with 1-2 min. surges every 8-10 minutes Easy run w/ strides 6x500 at 5k w/ 300m jog + 4x150 at 800m jog 250m	Sx(600,300) w/ (1.5,31 rest at 3k, mile pace Easy run Easy run Thursdy	Easy run Easy run Adidas XC Easy run Friday	Long run UNC Club + 6x200 hard (31ish Long run Haganstone
Phase 4	**competition starts	Week 4 Week 5 Week 6 Week 1 Week 2	Sunday Easy run/ recovery Sunday	2-3x10 min tempo w/3 min, log last rep at 8k 5x6 min. w/3 min rest at 5k pace 3x5-5x minute run+8x6 sec. + 3x25 sec. hills with log down+2 min. rest +1 Easyrun Monday	Tuesday - S-8x1 k at 2 k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run flasy run Smile at 5k w/ 3 min. rest + hard 400 in about 64 October Tuesday	Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 minutes Easy run Easy run Wednesday	sx(600.300) w/ (1.5,31 rest at 3k, mile pace £asy run £asy run Thursdy 3-12x 0.25 mile hill at mile 3k pacew/ jog down	Easy run Easy run Adidas XC Easy run Friday Easy run	Long run UNC Club + 6x200 hard (31ish Long run Haganstone Saturday Long run
Phase 4	**competition starts strength end	Week 4 Week 5 Week 6 Week 1 Week 2	Sunday Easy run/ recovery Sunday Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k Sx4 min. w/ 3 min rest at 5k pace 30-45 minute run + 8x6 sec. + 3x25 sec. hills with jog down + 2 min. rest + 1 Eavy run Monday Eavy run	Tuesday SexI kat 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run Easy run Semile at 5k w/ 3 min. rest + hard 400 in about 64 October Tuesday 6w400m w/ 3 min. rest + 2 xmile at 5k w/ 400m jog inside 3 min. rest	Easy run with 1.2 min. surges every 8-10 minutes Easy run wy 1strides 6:500 at 5k w/ 300m jog + 4x150 at 800m jog 250m Easy run Wednesday Easy run	Sx(600,300) w/ (1.5,31 rest at 3k, mile pace Easy run Easy run Thursdy 3-12: 0.25 mile hill at mile-3k pacew/ jog down Specific (6-8x1k) at 5k or a little faster w/ 1.5 min rest	Easy run Addas XC Easy run Friday Easy run Easy run Easy run	Long run UNC Club + 6x200 hard (31ish Long run Haganstone Saturday Long run marathon pace
Phase 4	**competition starts	Week 4 Week 5 Week 6 Week 1 Week 2 Week 3 Week 4	Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/3 min, log last rep at 8k 5x4 min, w/3 min rest at 5k pace 30.45 minute run + 8x5 sec. + \$x25 sec. hills with log down + 2 min. rest + 1 Easy run Easy run Easy run	Tuesday - Sext k at 28 pace 1.5 rest last 2 at 5k w/ 2.5 min rest - Easy run - Easy run - Fazy run - Samile at 5k w/ 3 min. rest + hard 400 in about 64 October Tuesday - Gw400m w/ 3 min. rest + 2 xmile at 5k w/ 400m jog inside 3 min. rest - 3x10 min. w/ 1 min. jog at vf.1 + plyometrics	Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 minutes Easy run with 1-2 minutes Easy run Easy run Easy run Easy run	Sv(600,300) w/ (1.5,31 rest at 3k, mile pace tasy run cay run Thursdy 3-12 x O 25 mile hill at mile-3k pacew/ jog down Specific (6-8ktk) at 5k or a little faster w/ 1.5 min rest 200,000 w/ 200,000	Easy run Adidas XC Easy run Friday Easy run Easy run Easy run Easy run	Long run UNC Club + 6x200 hard Jong run Haganstone Saturday Long run marathon pace Long run
Phase 4	**competition starts strength end	Week 4 Week 5 Week 6 Week 1 Week 2 Week 3 Week 3 Week 4 Week 5	Sunday Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k 5x4 min. w/ 3 min rest at 5x pace 30-45 minute run + 8x6 sec. + 3x25 sec. hills with jog down + 2 min. rest + 1 Easy run Easy run Easy run	Tuesday 5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Eary run Eary run 5 mile at 5k w/ 3 min. rest + hard 400 in about 64 October Tuesday 6x400m w/ 3 min. rest + 2xmile at 5k w/ 400m jog inside 3 min. rest 3a30 min. w/ 3 min. jog at vt + pkyometrics 4x300m at 8k jog 100m + 2x600m at mile pace 400m joge 4x300m	Easy run with 1:2 min. surges every 8:10 minutes Easy run with 1:2 min. surges every 8:10 minutes Easy run with 4:2 min. surges every 8:10 minutes Easy run Easy run Easy run Easy run Easy run Easy run	sx(600.300) w/ (1.5.3) rest at 3k, mile pace Easy run Easy run Thursdy 5-12.0 25 mile hill at mile-3k pacew/ jog down Specific (6-8xtk) at 5k or a little faster w/ 1.5 min rest 200.000m w/ 200m rest at mile pace Easy run and Strae	Easy run Easy run Adidas XC Easy run Friday Easy run Easy run Easy run Easy run Easy run	Long run UNC Club + 6x200 hard (31ish Long run Haganstone Saturday Long run marathon pace
Phase 4	**competition starts strength end	Week 4 Week 5 Week 6 Week 1 Week 2 Week 3 Week 3 Week 4 Week 5	Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/3 min, log last rep at 8k 5x4 min, w/3 min rest at 5k pace 30.45 minute run + 8x5 sec. + \$x25 sec. hills with log down + 2 min. rest + 1 Easy run Easy run Easy run	Tuesday - Sext k at 28 pace 1.5 rest last 2 at 5k w/ 2.5 min rest - Easy run - Easy run - Fazy run - Samile at 5k w/ 3 min. rest + hard 400 in about 64 October Tuesday - Gw400m w/ 3 min. rest + 2 xmile at 5k w/ 400m jog inside 3 min. rest - 3x10 min. w/ 1 min. jog at vf.1 + plyometrics	Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 min, surges every 8-10 minutes Easy run with 1-2 minutes Easy run with 1-2 minutes Easy run Easy run Easy run Easy run	Sv(600,300) w/ (1.5,31 rest at 3k, mile pace tasy run cay run Thursdy 3-12 x O 25 mile hill at mile-3k pacew/ jog down Specific (6-8ktk) at 5k or a little faster w/ 1.5 min rest 200,000 w/ 200,000	Easy run Adidas XC Easy run Friday Easy run Easy run Easy run Easy run	Long run UNC Club + 6x200 hard Jong run Haganstone Saturday Long run marathon pace Long run
Phase 4	**competition starts strength end	Week 4 Week 5 Week 6 Week 1 Week 2 Week 3 Week 3 Week 4 Week 5	Sunday Easy run/ recovery Sunday Easy run/ recovery Easy run/ recovery Easy run/ recovery Easy run/ recovery	2-3x10 min tempo w/ 3 min. jog last rep at 8k 5x4 min. w/ 3 min rest at 5x pace 30-45 minute run + 8x6 sec. + 3x25 sec. hills with jog down + 2 min. rest + 1 Easy run Easy run Easy run	Tuesday 5-8x1 kat 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run Easy run 5 mile 2 x y run 5 mile 2 x y run 5 mile 3 5k w/ 3 min. rest + hard 400 in about 64 October Tuesday 6w400m w/ 3 min. rest + 2 xmile at 5k w/ 400m jog inside 3 min. rest 3 3x10 min. w/ 3 min. jog at vt # + plyometrics 4x400m at 8 kin g 100m + 2x600m at mile pace 400m jog+ 4x300m 8x100-150m at 800m pace. 45 second rest	Easy run with 1:2 min. surges every 8:10 minutes Easy run with 1:2 min. surges every 8:10 minutes Easy run with 4:2 min. surges every 8:10 minutes Easy run Easy run Easy run Easy run Easy run Easy run	sx(600.300) w/ (1.5.3) rest at 3k, mile pace Easy run Easy run Thursdy 5-12.0 25 mile hill at mile-3k pacew/ jog down Specific (6-8xtk) at 5k or a little faster w/ 1.5 min rest 200.000m w/ 200m rest at mile pace Easy run and Strae	Easy run Easy run Adidas XC Easy run Friday Easy run Easy run Easy run Easy run Easy run	Long run UNC Club + 6x200 hard Jong run Haganstone Saturday Long run marathon pace Long run
Phase 4	**competition starts strength end	Week 4 Week 5 Week 6 Week 1 Week 2 Week 3 Week 3 Week 4 Week 5	Sunday Easy run/ recovery	2-3x10 min tempo w/3 min, log last rep at 8k Ssd min, w/3 min rest at 5k pace 30-45 minute run + 8x8 sec. + 3x25 sec. hilk with log down + 2 min. rest + 1 Easy run Easy run Easy run Easy run Easy run	Tuesday - Sexit kat 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest - Early run - Ray r	Easy run M. Easy run with 1:2 min. surges every 8-10 minutes Easy run w/ strides 6:500 at 5k w/ 300m jog + 4e150 at 800m jog 250m Easy run Wednesday Easy run Easy run Easy run Easy run	Self000,300 w/ [1.5,3] rest at 3k, mile pace tasy run tasy run tasy run Thursdy 5-12 \text{V} 25 mile hill at mile-3k pacew/ jog down Specific (6-8kt) at 5k or a little faster w/ 1.5 min rest 200,000 w/ 200 more st mile pace tasy run and strides Specific (6-kkt) faster than 5k + plyometrics	Easy run Addes XC Easy run Addes XC Easy run Friday Easy run	Long run Long run Hagantione Saturday Long run marathon pace Long run AEGIONALS
Phase 4	**competition starts strength end plyometric start	Week 4 Week 5 Week 6 Week 1 Week 2 Week 3 Week 3 Week 5 Week 5	Sunday Easy run/ recovery	2-3x10 min tempo w/ 3 min, jog last rep at 8k Sx4 min. w/ 3 min rest at 5k pace 30-45 minute run + 8x8 sec. + 3x25 sec. hills with jog down + 2 min. rest + 1 Easy run Monday Easy run	Tuesday 5-8x1k at 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest Easy run 6x1 cary nun 5xmle at 5k w/ 3 min. rest + hard 400 in about 64 October Tuesday 6x400m w/ 3 min. rest + 2xmlle at 5k w/ 400m jog inside 3 min. rest 3x10 min. w/ 3 min. jog at vt + plyometrics 4x400m at 8k jog 100m + 2x600m at mile pace 400m jog+ 4x300m 8x100-150m at 800m pace .45 second rest November	Easy run with 1-2 min. surges every 8-10 minutes Easy run w/ strides 6:500 at 5k w/ 300m jog + 4x150 at 800m jog 250m Easy run Wednesday Easy run	sx(600.300) w/ (1.5,3) rest at 3k, mile pace Easy run Easy run Easy run Easy run Easy run Thursdy \$1220.025 mile hill at mile-3k pacew/ jog down Specific (6 &tkl x) at 5k or a little faster w/ 1.5 miln rest 200.2000 m w/ 200m rest at mile pace Easy run and strides Specific (6 kilk) faster than 5k + plyometrics Thursdy	Eary run Eary run Adidas XC Easy run Friday Easy run Easy run Easy run Easy run Easy run Easy run Eray run	Long run UNC Club + 6x200 hard (31ch Long run Haganistone Saturday Long run marathon pace Long run Recionals Saturday
Phase 4	**competition starts strength end	Week 4 Week 5 Week 6 Week 1 Week 2 Week 2 Week 3 Week 4 Week 5 Week 6	Sunday Easy run/ recovery	2-3x10 min tempo w/3 min, log last rep at 8k Ssd min, w/3 min rest at 5k pace 30-45 minute run + 8x8 sec. + 3x25 sec. hilk with log down + 2 min. rest + 1 Easy run Easy run Easy run Easy run Easy run	Tuesday - Sexit kat 8k pace 1.5 rest last 2 at 5k w/ 2.5 min rest - Early run - Ray r	Easy run M. Easy run with 1:2 min. surges every 8-10 minutes Easy run w/ strides 6:500 at 5k w/ 300m jog + 4e150 at 800m jog 250m Easy run Wednesday Easy run Easy run Easy run Easy run	Self000,300 w/ [1.5,3] rest at 3k, mile pace tasy run tasy run tasy run Thursdy 5-12 \text{V} 25 mile hill at mile-3k pacew/ jog down Specific (6-8kt) at 5k or a little faster w/ 1.5 min rest 200,000 w/ 200 more st mile pace tasy run and strides Specific (6-kkt) faster than 5k + plyometrics	Easy run Addes XC Easy run Addes XC Easy run Friday Easy run	Long run Long run Hagantione Saturday Long run marathon pace Long run AEGIONALS