

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
260	49 hills	41 moderate	28 recovery	47 tempo	32 recovery	62 long	Rest / XT
270	51 hills	43 moderate	29 recovery	49 tempo	33 recovery	64 race	Rest / XT
280	53 hills	45 moderate	30 recovery	51 tempo	34 recovery	66 race	Rest / XT
290	55 hills	47 moderate	31 recovery	53 tempo	35 recovery	68 race	Rest / XT
300	57 hills	49 moderate	32 recovery	55 tempo	36 recovery	70 race	Rest / XT
310	59 hills	51 moderate	33 recovery	57 tempo	37 recovery	72 race	Rest / XT
320	61 hills	53 moderate	34 recovery	59 tempo	38 recovery	74 race	Rest / XT
330	63 hills	55 moderate	35 recovery	61 tempo	39 recovery	76 race	Rest / XT
340	65 hills	57 moderate	36 recovery	63 tempo	40 recovery	78 race	Rest / XT
350	67 hills	59 moderate	37 recovery	65 tempo	41 recovery	80 race	Rest / XT
360	68 hills	60 moderate	38 recovery	66 tempo	42 recovery	82 race	Rest / XT
370	70 hills	62 moderate	39 recovery	68 tempo	43 recovery	84 race	Rest / XT
380	72 hills	64 moderate	40 recovery	70 tempo	44 recovery	86 race	Rest / XT
390	74 hills	66 moderate	41 recovery	72 tempo	45 recovery	88 race	Rest / XT
400	76 hills	68 moderate	42 recovery	74 tempo	46 recovery	90 race	Rest / XT

### Monday

Labor Day hills, duh. And double.

### Tuesday

A single long-ish moderate run followed by 2-3 x 150m on the turf and then weights.

### Wednesday

Slow and easy. Core directed by captains.

### Thursday

4 or 5 mile tempo run. First mile will ease into it. This is primarily to determine pace for future tempo workouts. This should not be a killer workout (that was Monday). Once you start to feel the acid creeping in, back off your pace by 5-10 seconds per mile and then reevaluate a couple minutes later.

### Friday

Easy, 4 accels, weights.

### Saturday

Long run. Location is TBD.

### Sunday

Rest or cross train. Rest is highly recommended over cross training or a short jog.