

# TRAINING SCHEDULE - WEEK 10

<b>Suggested Workout Sequence</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Cross Train	Key 1 Strides General Strength	Rest or Cross Train	Key 2 Strides Running Strength	Rest or Cross Train	Key 3 Strides Plyometrics	Rest

<b>Running Workouts</b>	
Workout	Description
Key 1	Run 6 x 1 mile or 1600 meter repeats @ LT or 10K pace. Recover between each repeat with 2 minutes of passive recovery. After your last repeat run 2 miles or 3K @ goal marathon pace.
Key 2	Run 6 x 800 meter repeats up a steep hill or treadmill incline of 10%. Run at goal marathon pace. Recover between each repeat by jogging down the hill or at zero treadmill incline.
Key 3	Run 7 miles or 11K @ goal marathon pace
Strides	Run 4 x 100 meter strides

<b>Strength Workouts</b>	
Workout	Description
General Strength	1 set of general strength
Running Specific Strength	1 set of running strength
Plyometrics	1 set of plyometrics