

# TRAINING SCHEDULE - WEEK 6

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Endurance 1	Key 1	Easy Endurance 2	Key 2	Easy Endurance 3	Key 3	Key 4
Running Strength	Strides	Running Strength	Strides	Plyometrics	Strides	

Running Workouts	
Workout	Description
Easy Endurance 1	30 to 60 minutes at easy endurance pace
Easy Endurance 2	45 to 90 minutes at easy endurance pace
Easy Endurance 3	30 to 60 minutes at easy endurance pace
Key 1	Run 9 miles or 14K at goal marathon pace
Key 2	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run 24 minutes alternating between 1 minute at vVO <sub>2</sub> max or 3K pace and 2 minutes at goal pace.
Key 3	Run a 6 mile or 10K progression run
Key 4	Run 20 miles or 32K. Run the first 12 miles or 19K @ easy endurance pace and the final 8 miles or 13K @ goal pace
Strides	Run 7 x 100 meter strides

Strength Workouts	
Workout	Description
General Strength	None
Running Specific Strength	1 set of running strength
Plyometrics	1 set of plyometrics