

# TRAINING SCHEDULE - WEEK 4

<b>Suggested Workout Sequence</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Key 1 Strides	Easy Endurance 1  Running Strength	Rest	Easy Endurance 2  Running Strength	Key 2 Strides	Key 3

<b>Running Workouts</b>	
Workout	Description
Easy Endurance 1	45 to 90 minutes at easy endurance pace
Easy Endurance 2	45 to 90 minutes at easy endurance pace
Key 1	Run 8 miles or 13K. Run the first 2 miles or 3K @ LT or 10K pace and the final 6 miles or 10K @ goal marathon pace.
Key 2	Run an 8 mile or 13K progression run
Key 3	Run 18 miles or 29K. Run the first 11 miles or 18K @ easy endurance pace and the final 7 miles or 11K @ goal pace
Strides	Run 8 x 100 meter strides

<b>Strength Workouts</b>	
Workout	Description
General Strength	None
Running Specific Strength	1 set of running strength
Plyometrics	None