

12 WEEK TRAINING SCHEDULE

Week 1		
Day	Workout	Comments
1	Rest or Endurance Run	Total rest or 20 to 30 minutes at endurance pace
2	LT Workout	Run 3 x 1 mile or 1600 meter repeats at LT pace. Recover between each 1 mile repeat with 3 minutes of rest.
3	Endurance Run	6 miles or 10K at endurance pace
4	Speed/VVO2 max	3 x 800 meter repeats at speed pace. Recover between each repeat with 400 meters at an easy pace
5	Endurance Run	6 miles or 10K at endurance pace
6	Hills/Power	Run 3 miles or 5K on a hill or rolling course at endurance pace.
7	Long Run	Run 7 miles or 11K at endurance pace

Week 2		
Day	Workout	Comments
1	Rest or Endurance Run	Total rest or 20 to 30 minutes at endurance pace
2	LT Workout	Run 3 x 1 mile or 1600 meter repeats at LT pace. Recover between each 1 mile repeat with 3 minutes of rest. After the last 1 mile or 1600 meter repeat, run 400 meters at nearly full pace with no recovery
3	Endurance Run	6 miles or 10K at endurance pace
4	Speed/VVO2 max	4 x 800 meter repeats at speed pace. Recover between the repeats with 400 meters at an easy pace.
5	Endurance Run	6 miles or 10K at endurance pace
6	Hills/Power	4 miles or 6.5K on a hilly course at endurance pace
7	Goal Pace Long Run	Run 8 miles or 13K. Run the first 6 miles or 10K at endurance pace and the last 2 miles or 3K at goal half marathon pace