

SPRING TRAINING - STAMINA EMPHASIS - WEEK 2

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Easy Endurance 1	Rest	Easy Endurance 2	Rest	Long Run
		General Strength		General Strength		

Running Workouts	
Workout	Description
Tempo	Run 15 minutes at tempo pace
Easy Endurance 1	Run 2.5 miles or 4K at endurance pace
Easy Endurance 2	Run 2 miles or 3.2K at endurance pace
Long Run	Run 3 miles or 5K. Run the first 2 miles or 3.2K at endurance pace and the final 1 mile or 1.8K at tempo pace

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