

TRAINING SCHEDULE - WEEK 7

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Key 1	Rest	Key 2	Key 3	Rest	Key 4
	General Strength		Running Strength			

Running Workouts	
Workout	Description
Key 1	Run 4 miles or 6.5K at easy endurance pace
Key 2	Run a 5 mile or 8K progressive run
Key 3	Run 6 miles or 10K at easy endurance pace
Key 4	Run 12 miles or 19K @ easy endurance pace

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