

# TRAINING SCHEDULE - WEEK 11

<b>Suggested Workout Sequence - Morning Session</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Endurance 1	Key 1 Strides	Easy Endurance 2	Key 2 Strides	Easy Endurance 3	Key 3 Strides	Key 4

<b>Suggested Workout Sequence - Afternoon Session</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 to 40 minutes at endurance pace	20 to 30 minutes at endurance pace	35 to 45 minutes at endurance pace	20 to 30 minutes at endurance pace	35 to 45 minutes at endurance pace	20 to 30 minutes at endurance pace	None
Running Strength		Running Strength		Plyometrics		

<b>Running Workouts</b>	
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 x 1 mile or 1600 meter repeats @ LT or 10K pace. Recover between each repeat with 2 minutes of passive recovery. After the last repeat run 400 meters @ vVO2 max or 3K pace with no recovery.
Key 2	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run for 27 minutes alternating between 1 minute @ vVO2 max or 3K pace and 2 minutes @ easy endurance pace.
Key 3	Run a 6 mile or 10K progressive run.
Key 4	Run 18 miles or 29K @ easy endurance pace
Strides	Run 6 x 100 meter strides

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