

# TRAINING SCHEDULE - WEEK 6

<b>Suggested Workout Sequence</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Cross Train	Key 1  General Strength	Key 2	Key 3  Running Strength	Key 4	Rest or Cross Train	Key 5

<b>Running Workouts</b>	
Workout	Description
Key 1	Run 4 miles or 6.5K at easy endurance pace
Key 2	Run 4 miles or 6.5K at goal half marathon pace
Key 3	Run 3 miles or 5K at easy endurance pace
Key 4	Run 4 miles or 6.5K at easy endurance pace
Key 5	Run 8 miles or 13K @ easy endurance pace

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