

TRAINING SCHEDULE - WEEK 5

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off or Cross Train	Lactate Turn-point Strides General Strength	Off or Cross Train	Goal Pace Run Strides Running Strength	Off or Cross Train	Long Run	Off

Running Workouts	
Workout	Description
Lactate Turnpoint Run	Run 3 x 10 minute repeats at LT pace. Recover between each repeat with 2 minutes of easy jogging.
Goal Pace Run	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run 5 x 800 meter repeats at goal 10K pace. Recover between each repeat with 1 minute of passive rest
Long Run	Run 6 miles or 10K at easy endurance pace
Strides	4 x 100 Meter Strides

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