

# TRAINING SCHEDULE - WEEK 3

<b>Suggested Workout Sequence</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Lactate Turn Point Run	Easy Endurance 1	Goal Pace Run	Easy Endurance 2	Progressive Run	Long Run
	Strides	General Strength	Strides	Running Strength	Strides	

<b>Running Workouts</b>	
Workout	Description
Easy Endurance 1	4 miles or 6.5K at easy endurance pace
Easy Endurance 2	5 miles or 8K at easy endurance pace
Lactate Turn Point Run	After a warm up, run 3 x 400/2000 meter compound sets. Run the 400 meters at speed pace and the 2000 meters at goal 10K pace. Repeat 2 more times for a total of 3 sets with 3 minutes of passive rest between each compound set.
Goal Pace Run	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run 8 x 800 meter repeats at goal 10K pace. Recover between each repeat with 2 minutes of passive rest.
Progressive Run	Run a 5 mile or 8K progressive run
Long Run	Run 8 miles or 13K. Run the first 7 miles or 11K at easy endurance pace. Run final 1 mile or 2K at goal 10K pace.
Strides	Run 3 x 100 meter strides

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