

TRAINING SCHEDULE - WEEK 6

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Key 1 Strides	Easy Endurance 1 Running Strength	Key 2 Strides	Easy Endurance 2 Plyometrics	Key 3 Strides	Key 4

Running Workouts	
Workout	Description
Easy Endurance 1	45 to 60 minutes at easy endurance pace
Easy Endurance 2	30 to 45 minutes at easy endurance pace
Key 1	Run 7 miles or 11K at goal marathon pace
Key 2	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run 21 minutes alternating between 1 minute at vVO2 max or 3K pace and 2 minutes at goal pace.
Key 3	Run a 4 mile or 6.5K progression run
Key 4	Run 18 miles or 29K. Run the first 13 miles or 21K @ easy endurance pace and the final 5 miles or 8K @ goal pace
Strides	Run 5 x 100 meter strides

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