

TRAINING SCHEDULE - WEEK 11

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

Running Workouts	
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

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