

# 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 90 minutes at easy endurance pace
Easy Endurance 2	30 to 60 minutes at easy endurance pace
Key 1	Run 10 miles or 16K. Run the first 2 miles or 3K @ LT or 10K pace and the final 8 miles or 13K @ goal marathon pace.
Key 2	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run 10 x 800 meter repeats @ speed or 5K pace. Recover between each 800 meter repeat with 1 minute of passive rest.
Key 3	Run an 8 mile or 13K progression run
Key 4	Run 20 miles or 32K. Run the first 10 miles or 16K @ easy endurance pace, the next 9 miles or 15K @ goal pace and the final 1 miles or 1K @ LT or 10K pace.
Strides	Run 8 x 100 meter strides

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