

TRAINING SCHEDULE - WEEK 10

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Key 1	Key 2	Key 3	Key 4	Rest	Key 5
	General Strength		Running Strength			

Running Workouts	
Workout	Description
Key 1	Run 7 miles or 11K at easy endurance pace
Key 2	Run 6 miles or 10K at goal marathon pace
Key 3	Run 6 miles or 10K at easy endurance pace
Key 4	Run 3 miles or 5K at easy endurance pace
Key 5	Run 18 miles or 29K at easy endurance pace

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