

TRAINING SCHEDULE - WEEK 7

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Endurance 1	Lactate Turn Point	Easy Endurance 2	Goal Pace Run	Easy Endurance 3	Progressive Run	Long Run
Plyometrics	Strides	Running Strength	Strides	Plyometrics	Strides	

Running Workouts	
Workout	Description
Easy Endurance 1	6 miles or 10K at easy endurance pace
Easy Endurance 2	10 miles or 16K at easy endurance pace
Easy Endurance 3	8 miles or 13K at easy endurance pace
Lactate Turn Point Run	After a warm up, run 4 x 400/1600/500 meter compound sets. Run the 400 meters at speed pace, the 1600 meters at goal 10K pace and the 500 meters at sprint pace. Repeat 3 more times for a total of 4 sets with 2 minutes of passive rest between each compound set
Goal Pace Run	After a warm up on a 400 meter track, run 4 x 2500 meter repeats at goal 10K pace. Recovery between the four sets with 2 minutes of passive rest
Progressive Run	Run a 9 mile or 14.5K progressive run
Long Run	Run 18 miles or 29K. Run the first 15 miles or 24K at endurance pace and the final 3 miles or 5K at goal 10K pace.
Strides	Run 12 x 100 meter strides

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