

TRAINING SCHEDULE - WEEK 3

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

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 3 miles or 5K up a hill of moderate incline or on a treadmill elevated to 5%. Run at goal marathon pace
Key 2	Run 13 miles or 21K. Run the first 9 miles or 14K @ easy endurance pace and the final 4 miles or 7K @ 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