

# TRAINING SCHEDULE - WEEK 15

<b>Suggested Workout Sequence</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Cross Train	Key 1	Rest or Cross Train	Key 2	Rest or Cross Train	Key 3	Rest
	General Strength		Running Strength			

<b>Running Workouts</b>	
Workout	Description
Key 1	Run 4 miles or 6.4K at easy endurance pace
Key 2	Run an 6 mile or 10K progressive run
Key 3	Run 16 miles or 26K @ easy endurance pace

<b>Strength Workouts</b>	
Workout	Description
General Strength	1 set of general strength
Running Specific Strength	1 set of running strength
Plyometrics	None