

TRAINING SCHEDULE - WEEK 5

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

Suggested Workout Sequence - Afternoon Session						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45 to 60 minutes at endurance pace	35 minutes at endurance pace	45 to 60 minutes at endurance pace	35 minutes at endurance pace	45 to 60 minutes at endurance pace	35 minutes at endurance pace	None
Running Strength		Plyometrics		Running Strength		

Running Workouts	
Workout	Description
Easy Endurance 1	6 miles or 10K at easy endurance pace
Easy Endurance 2	9 miles or 14.5K 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 600/1600/300 meter compound sets. Run the 600 meters at speed pace, the 1600 meters at goal 10K pace and the 300 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, run 10 x 1000 meter repeats at goal 10K pace. Recover between each repeat by jogging back to the start line.
Progressive Run	Run an 8 mile or 13K progressive run
Long Run	Run 16 miles or 26K. Run the first 14 miles or 23K at endurance pace and the final 2 miles or 3K at goal 10K pace.
Strides	Run 9 x 100 meter strides

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