

TRAINING SCHEDULE - WEEK 3

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Key 1 Strides	Easy Endurance 1 Running Strength	Key 2 Strides	Easy Endurance 2 Running Strength	Rest	Key 3

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 6 miles or 10K. Run the first mile or 2K at LT or 10K pace and the final 5 miles or 8K at goal marathon pace
Key 2	Warm up with 1600 meters at endurance pace on a 400 meter track. Then run 6 x 800 meter repeats @ speed or 5K pace. Recover between each 800 meter repeat with 2 minutes of passive recovery.
Key 3	Run 12 miles or 19K. Run the first 10 miles or 16K @ easy endurance pace and the final 2 miles or 3K @ goal pace
Strides	Run 5 x 100 meter strides

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