

16 WEEK TRAINING SCHEDULE

Week 1		
Day	Workout	Comments
1	Rest or Endurance Run	Total rest or 20 to 30 minutes at endurance pace
2	LT Workout	Run 2 x 1 mile or 1600 meter repeats at LT pace. Recover between each 1 mile repeat with 4 minutes of rest.
3	Endurance Run	2 miles or 6.5K at endurance pace
4	Speed/vVO2 max	3 x 800 meter repeats at speed pace. Recover between each repeat with 400 meters at an easy pace
5	Endurance Run	2 miles or 6.5K at endurance pace
6	Hills/Power	Run 2 miles or 3K on a hill or rolling course at endurance pace.
7	Long Run	Run 3 miles or 5K at endurance pace

Week 2		
Day	Workout	Comments
1	Rest or Endurance Run	Total rest or 20 to 30 minutes at endurance pace
2	LT Workout	Run 2 x 1 mile or 1600 meter repeats at LT pace. Recover between each 1 mile repeat with 3 minutes of rest.
3	Endurance Run	2 miles or 3K at endurance pace
4	Speed/vVO2 max	3 x 800 meter repeats at speed pace. Recover between each repeat with 4 minutes of rest
5	Endurance Run	3 miles or 5K at endurance pace
6	Hills/Power	Run 2 miles or 3K on a hill or rolling course at endurance pace.
7	Long Run	Run 4 miles or 6.5K at endurance pace