

SPRING TRAINING - STAMINA EMPHASIS - WEEK 2

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Tempo	Easy Endurance 1 General Strength	Rest	Easy Endurance 2 General Strength	Rest	Long Run

Running Workouts	
Workout	Description
Tempo	Run 30 minutes at tempo pace
Easy Endurance 1	Run 3 miles or 5K at endurance pace
Easy Endurance 2	Run 6 miles or 10K at endurance pace
Long Run	Run 6 miles or 10K. Run the first 4 miles or 6.5K at endurance pace and the final 2 miles or 3.5K at tempo pace

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