

TRAINING SCHEDULE - WEEK 5

Suggested Workout Sequence						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off or Cross Train	Lactate Turn Point Run Strides Running Strength	Off or Cross Train	Goal Pace Run Strides Plyometrics	Off or Cross Train	Long Run	Off

Running Workouts	
Workout	Description
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.
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