

| WEEK | Date | Monday                             | Tuesday   | Wednesday                        | Thursday        | Friday  | Saturday   | Sunday                         |
|------|------|------------------------------------|---|----------------------------------|-----------------|---|--|--------------------------------|
| 1    |      | <b>Cross Training</b><br>30-45 min | <b>Speed Workout</b><br>Warm up: 1-2 miles<br>10x 400m at goal 5k pace with 200m jog<br>Cool down: 1-2 miles                                      | <b>Distance Run</b><br>3 miles   | <b>Rest Day</b> | <b>Threshold Run</b><br>Warm up: 1 mile<br>5 x 4 min at tempo pace with 90 sec rest<br>Cool down: 1 mile  | <b>Rest or Easy Run</b><br>4-5 miles                   | <b>Long Run</b><br>7 miles     |
|      |      | <b>Cross Training</b><br>40-45 min | <b>Speed Workout</b><br>Warm up: 1-2 miles<br>6 x 800m at goal 5k pace with 200m jog<br>Cool down: 1-2 miles                                      | <b>Distance Run</b><br>4 miles   | <b>Rest Day</b> | <b>Threshold Run</b><br>Warm up: 1 mile<br>4 x 5 min at tempo pace with 90 sec rest<br>Cool down: 1 mile  | <b>Rest or Easy Run</b><br>4-5 miles + 4 x 75m strides | <b>Long Run</b><br>8 miles     |
| 2    |      | <b>Cross Training</b><br>45 min    | <b>Speed Workout</b><br>Warm up: 1-2 miles<br>6 x 1,000m at goal 5k pace with 200m jog<br>Cool down: 1-2 miles                                    | <b>Distance Run</b><br>5 miles   | <b>Rest Day</b> | <b>Threshold Run</b><br>Warm up: 1 mile<br>3 x 7 min at tempo pace with 90 sec rest<br>Cool down: 1 mile  | <b>Rest or Easy Run</b><br>4-5 miles + 4 x 75m strides | <b>Time Trial</b><br>5k        |
|      |      | <b>Cross Training</b><br>45 min    | <b>Speed Workout</b><br>Warm up: 1-2 miles<br>10 x 400m at mile pace with 200m jog<br>Cool down: 1-2 miles  | <b>Distance Run</b><br>5 miles   | <b>Rest Day</b> | <b>Threshold Run</b><br>Warm up: 1 mile<br>2 x 10 min at tempo pace with 90 sec rest<br>Cool down: 1 mile | <b>Rest or Easy Run</b><br>4-5 miles + 4 x 75m strides | <b>Long Run</b><br>10 miles    |
| 3    |      | <b>Cross Training</b><br>45-60 min | <b>Speed Workout</b><br>Warm up: 1-2 miles<br>5 x 1,200m at 5k pace with 200m jog<br>Cool down: 1-2 miles   | <b>Distance Run</b><br>6 miles   | <b>Rest Day</b> | <b>Threshold Run</b><br>Warm up: 1 mile<br>20 min at tempo pace<br>Cool down: 1 mile                      | <b>Rest or Easy Run</b><br>4-5 miles + 4 x 75m strides | <b>Long Run</b><br>10-12 miles |
|      |      | <b>Cross Training</b><br>45-60 min | <b>Speed Workout</b><br>Warm up: 1-2 miles<br>6-8 x 600m at mile pace with 200m jog<br>Cool down: 1-2 miles                                       | <b>Distance Run</b><br>7 miles   | <b>Rest Day</b> | <b>Threshold Run</b><br>Warm up: 1 mile<br>25 min at tempo pace<br>Cool down: 1 mile                      | <b>Rest or Easy Run</b><br>4-5 miles + 4 x 75m strides | <b>Long Run</b><br>10 miles    |
| 4    |      | <b>Cross Training</b><br>45-60 min | <b>Speed Workout</b><br>Warm up: 1-2 miles<br>6 x 800m at goal 5k pace with 200m jog; 4 x 200m at mile pace with 200m jog<br>Cool down: 1-2 miles | <b>Distance Run</b><br>6-7 miles | <b>Rest Day</b> | <b>Threshold Run</b><br>Warm up: 1 mile<br>2 x 10 min at tempo pace with 90 sec rest<br>Cool down: 1 mile | <b>Rest or Easy Run</b><br>4-5 miles + 4 x 75m strides | <b>Long Run</b><br>6 miles     |
|      |      | <b>Cross Training</b><br>30-40 min | <b>Speed Workout</b><br>Warm up: 1 mile<br>2 x 800 at goal 5k pace with 200m jog<br>Cool down: 1 mile   | <b>Easy Run</b><br>4 miles       | <b>Rest Day</b> | <b>Shake Out Run</b><br>20 min + 4 x 75m strides  | <b>5k</b><br>5k!                                       | <b>Rest</b>                    |