

DISTANCE

Type of Run & Frequency	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Easy Distance Runs (EZD) [3 per week]	75-100%	75-100%	75-100%	75-100%	100%	100%	100%	100%
LT Transition Runs [1 per week]	At or near LT pace	At or near LT pace	At or near LT pace	At or near LT pace	-	-	-	-
Steady State Run [1 per week]	75-100%, 30 to 40 second-faster miles than EZD	75-100%, 30 to 40 second-faster miles than EZD	75-100%, 30 to 40 second-faster miles than EZD	75-100%, 30 to 40 second-faster miles than EZD	Continue if not racing; remove if racing	Continue if not racing; remove if racing	Continue if not racing; remove if racing	Continue if not racing; remove if racing
Light Speed Work [1 per week]	10-12 200s	10-12 200s	10-12 200s	10-12 200s	10-12 200s	10-12 200s	10-12 200s	10-12 200s
Long Run [1 per week]	1M: 8-10 5K: 10-13 10K: 12-15	1M: 8-10 5K: 10-13 10K: 12-15	1M: 8-10 5K: 10-13 10K: 12-15	1M: 8-10 5K: 10-13 10K: 12-15	1M: 8-10 5K: 10-13 10K: 12-15	1M: 8-10 5K: 10-13 10K: 12-15	1M: 8-10 5K: 10-13 10K: 12-15	1M: 8-10 5K: 10-13 10K: 12-15
LT Threshold Runs [1 per week]	-	-	-	-	4 miles at LT pace	4 miles at LT pace	4 miles at LT pace	4 miles at LT pace
Races, Time Trials, Timed Efforts [1 per week]	-	-	-	-	Run race distance on the clock	Run race distance on the clock	Run race distance on the clock	Run race distance on the clock

KEY

LT = Long Tempo / Transition Runs = Low-intensity cruise runs /

Threshold Runs = High-intensity runs with extended Fartleks

1M = Mile racers / 5K = 5K racers / 10K = 10K racers

YOUR WORKOUT

Week 1 / /08

Type of Run	Frequency	Pace
Easy Distance Runs (EZD)	3x per week	75-100%/
LT Transition Runs	1x per week	At or near LT pace/
Steady State Run	1x per week	75-100%, 30-40 second-faster miles than EZD/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M: 8-10/ 5K: 10-13/ 10K: 12-15/

Week 2 / /08

Type of Run	Frequency	Pace
EZD	3x per week	75-100%/
LT Transition Runs	1x per week	At or near LT pace/
Steady State Run	1x per week	75-100%, 30-40 second-faster miles than EZD/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M: 8-10/ 5K: 10-13/ 10K: 12-15/

Week 3 / /08

Type of Run	Frequency	Pace
EZD	3x per week	75-100%/
LT Transition Runs	1x per week	At or near LT pace/
Steady State Run	1x per week	75-100%, 30-40 second-faster miles than EZD/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M: 8-10/ 5K: 10-13/ 10K: 12-15/

Week 4 / /08

Type of Run	Frequency	Pace
EZD	3x per week	75-100%/
LT Transition Runs	1x per week	At or near LT pace/
Steady State Run	1x per week	75-100%, 30-40 second-faster miles than EZD/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M: 8-10/ 5K: 10-13/ 10K: 12-15/

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YOUR WORKOUT

Week 5 / /08

Type of Run	Frequency	Pace
Easy Distance Runs (EZD)	3x per week	100%/
Steady State Run	1x per week	30 to 40 second-faster miles than EZD if not racing; remove if racing/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M:8-10/ 5K:10-13/ 10K:12-15/
LT Threshold Runs	1x per week	4 miles at LT Pace/
Races, Time Trials, Timed Efforts	1x per week	Run race distance on the clock/

Week 6 / /08

Type of Run	Frequency	Pace
EZD	3x per week	100%/
Steady State Run	1x per week	30 to 40 second-faster miles than EZD if not racing; remove if racing/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M:8-10/ 5K:10-13/ 10K:12-15/
LT Threshold Runs	1x per week	4 miles at LT Pace/
Races, Time Trials, Timed Efforts	1x per week	Run race distance on the clock/

Week 7 / /08

Type of Run	Frequency	Pace
EZD	3x per week	100%/
Steady State Run	1x per week	30 to 40 second-faster miles than EZD if not racing; remove if racing/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M:8-10/ 5K:10-13/ 10K:12-15/
LT Threshold Runs	1x per week	4 miles at LT Pace/
Races, Time Trials, Timed Efforts	1x per week	Run race distance on the clock/

Week 8 / /08

Type of Run	Frequency	Pace
EZD	3x per week	100%/
Steady State Run	1x per week	30 to 40 second-faster miles than EZD if not racing; remove if racing/
Light Speed Work	1x per week	10-12 200s/
Long Run	1x per week	1M:8-10/ 5K:10-13/ 10K:12-15/
LT Threshold Runs	1x per week	4 miles at LT Pace/
Races, Time Trials, Timed Efforts	1x per week	Run race distance on the clock/

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