

5K RACE TIME: 25:30

400M PACE: 1:53 600M PACE: 2:52 800M PACE: 3:50 1000M PACE: 4:50 1200M PACE: 5:51 1600M PACE: 7:56

SHORT TEMPO PACE: 8:30 MID TEMPO PACE: 8:45 LONG TEMPO PACE: 9:00

LONG RUN PACE: HMP: 9:09 HMP + 20: 9:29 HMP + 30: 9:39

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	10-20 Min. Warmup 12 x 400m (90 sec RI) 10 min. Cooldown	Cross Train	2 Miles Easy 3 Miles @ short tempo pace 1 Mile Easy	Strength Train	Easy Run or Cross Train	Distance: 8 Miles Pace: HMP + 20 sec/mile	Rest
2	10-20 Min. Warmup 400,600,800, 1200,800,600 400 (400 RI) 10 Min Cooldown	Cross Train	5 Miles @ Mid Tempo Pace	Strength Train	Easy Run or Cross Train	Distance: 9 Miles Pace: HMP + 20 sec/mile	Rest
3	10-20 Min. Warmup 6 x 800 (90 sec RI) 10 Min. Cooldown	Cross Train	2 Miles Easy 3 Miles @ short tempo pace 1 Mile Easy	Strength Train	Easy Run or Cross Train	Distance: 10 Miles; Easy Relaxed Effort	Rest

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
4	10-20 Min. 1200,1000, 800,600,400, 200 (200 RI) 10 Min. Cooldown	Cross Train	5 Miles @ Mid Tempo Pace	Strength Train	Easy Run or Cross Train	Distance: 9 Miles Pace: HMP + 20 sec/mile	Rest
5	10-20 Min. Warmup 5 x 1K (400m RI) 10 Min. Cooldown	Cross Train	1 Mile Easy 3 Miles @ Short Tempo Pace 1 Mile Easy	Strength Train	Easy Run or Cross Train	Distance: 10 Miles Pace: HMP + 20 sec/mile	Rest
6	10-20 Min. Warmup 3 x 1600 (1 min. RI) 10 min. Cooldown	Cross Train	6 Miles @ Long Tempo Pace	Strength Train	Easy Run or Cross Train	Distance: 11 Miles Pace: HMP + 30 sec/mile	Rest
7	10-20 Min. Warmup 2 x 1200 (2min. RI), 4 x 800 (2min. RI) 10 min. Cooldown	Cross Train	1 Mile Easy, 2 Miles @ Mid Tempo 1 Mile Easy, 2 Miles @ Mid Tempo 1 Mile Easy	Strength Train	Easy Run or Cross Train	Distance: 11 Miles; Easy Relaxed Pace	Rest

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
8	10-20 Min. Warmup 6 x 800 (1:30 RI) 10 min. Cooldown	Cross Train	5 Miles @ Mid Tempo Pace	Strength Train	Easy Run or Cross Train	Distance: 12 Miles Pace: HMP + 30 sec/mile	Rest
9	10-20 Min. Warmup 1 Mile (400m RI) 2 Miles (800m RI) 2x800m (400m RI) 10 min. Cooldown	Cross Train	5 Miles @ Mid Tempo Pace	Strength Train	Easy Run or Cross Train	Distance: 13 Miles Pace: HMP + 20 sec/mile	Rest
10	10-20 Min. Warmup 5 x 1-K (400m RI) 10 Min. Cooldown	Cross Train	2 Miles Easy 3 Miles @ short tempo pace 1 Mile Easy	Strength Train	Easy Run or Cross Train	Distance: 8 Miles Pace: HMP + 20 sec/mile	Rest
11	10-20 Min. Warmup 6 x 400 (400 RI) 10 min. Cooldown	Cross Train	3 Miles Easy and Relaxed Effort	Yoga	Easy Run or Cross Train	Rest	Half Marathon Race Day!