

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	ER 3 Miles	Non Run	ER 4 Miles RS 6 x ::15 seconds RBI (::90 seconds)	Non Run	Non Run	ER 5 Miles RS 8 x ::20 seconds RBI (::60 seconds)	RR 3 Miles
Week 2	ER 3 Miles RS 6 x ::20 seconds RBI (::60 seconds)	Non Run	ER 4 Miles RS 4 x ::40 seconds RBI (3::00 min.s)	Non Run	Non Run	ER 6 Miles RS 6 x ::15 seconds RBI (::90 seconds) RI 3 x ::45 seconds RBI (3::00 minutes)	RR 3 Miles
Week 3	ER 3 Miles RS 4 x 400 meter (Sprint final 100 m) RBI (4::00 minutes) RI 6 x ::20 seconds RBI (::50 seconds)	Non Run	ER 5 Miles RS 6 x ::20 seconds RBI (::50 seconds)	Non Run	Non Run	ER 6 Miles RS 3 x ::45 seconds RBI (3::00 minutess)	RR 4 Miles
Week 4	ER 3 Miles RS 4 x 400 meter (Sprint final 100 m) RBI (4::00 minutes) RI 6 x ::20 seconds RBI (::50 seconds)	Non Run	ER 5 Miles RS 6 x ::20 seconds RBI (::50 seconds)	Non Run	Non Run	ER 6 Miles RS 3 x ::45 seconds RBI (3::00 minutess)	RR 4 Miles

Legend
ER= Endurance Run Steady State or Moderate Pace 7 out of 10 Perceived Exertion Uptempo RBI=Rest Between Intervals RS=Running Strides Accelerate gradually to Tempo Run Speed then decelerate Pace 8-8.5 out of 10 Perceived Exertion Comfortably Fast RI=Running Intervals Anaerobic Capacity 9 out of 10 Perceived Exertion "Top End Speed or Very Hard Effort"
RR=Recovery Runs Easy Pace 5 or 6 out of 10 Perceived Exertion Conversational Pace

Warm/ Cool Down
Leg swings Rt/Lt 10 each Front and Back
Leg swings Rt/Lt 10 each Side to Side
Rt Knee Raise rotate to the side Circles Lt Knee Raise rotate to the side Circles
Rt Knee to the rear rotate to the side Circles Lt Knee to the rear rotate to the side Circles