

MANSKE METHOD – IN-SEASON FRAMEWORK

WEEKLY STRUCTURE

Mon – Easy + Hill Sprints

Tue – LT1 Aerobic Threshold

Wed – Recovery / Cross-Train

Thu – Easy + Strides

Fri – Track / Race-Specific Workout

Sat – Easy Run

Sun – Long Run

MONDAY

Easy run + 6–8 × 6–10 sec hill sprints (3 min rest). Purpose: power + mechanics.

TUESDAY (LT1)

3×10–12 min, or 20–25 min tempo, or 8–10×3 min. Controlled effort.

WEDNESDAY

Easy run or cross-train. Mobility optional.

THURSDAY

Easy run + 6–8 strides.

FRIDAY – PRIMARY WORKOUT

Rotate weekly:

- 8–12×400 (60–90s rest)
- 9×300 (75–120s rest)
- 10×200 (~60s rest)
- Mixed: 400/300/200 or 600/400/300/200

Note: If racing, Friday becomes an easy day with a short shakeout run plus 4 strides.

SATURDAY

Easy run.

SUNDAY

Long run, optional steady finish.