

THE MANSKE METHOD

Beginner / Intermediate Framework

Monday — Easy Aerobic Effort + Hill Sprints

- Easy mileage, conversational pace
- 6–8 x 6–10 sec hill sprints (full recovery ~3:00 between reps)

Tuesday — Aerobic Threshold (LT1 focus)

- 4–5 x 6 min @ LT1 with 60–90 sec jog
- 20–25 min continuous aerobic tempo
- 3 x 8 min @ LT1 with 2–3 min jog

Wednesday — Recovery / Cross■Train

- Off, very light jog, or 45–60 min cross■training (bike, elliptical, aqua jog, ARC trainer)

Thursday — Easy Aerobic

- Easy mileage, conversational pace

Friday — Aerobic Power / Shorter Threshold

- 8 x 3 min @ LT2 w/ 1:00 jog
- 12–16 x 400m @ LT2 rhythm w/ 45 sec recovery
- 15–20 x (45 sec @ LT2 / 15 sec float)
- Alternate every other week with: 8–12 x 45 sec hill reps (stride effort, jog down recovery)

Saturday — Easy / Cross■Train

- Easy mileage or light aerobic running
- Optional cross■training (bike, elliptical, pool)

Sunday — Long Run

- 60–90 minutes easy → steady (progressive if fit)