



## The Manske Method – Weekly Training 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)

- 3 x 10–12 min @ LT1 with 2:00 jog
- 20–30 min continuous aerobic tempo
- 5–6 x 6 min @ LT1 with 1:00 jog

### Wednesday — Recovery / Cross-Train

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

### Thursday — Aerobic Power / Shorter Threshold

- 10 x 3 min @ LT2 with 1:00 jog
- 20–25 x 400m @ LT2 rhythm with 45s recovery
- 20–30 x (45 sec @ LT2 / 15 sec float)

### Friday — Easy + Strides

- Easy mileage
- 6–8 x 100m strides (fast, relaxed)

### Saturday — Hills / Strength Endurance

- 10–12 x 200m hill (stride effort, jog down)
- 8 x 300m hill (stride effort, jog down)

### Sunday — Long Run

- 75–90 minutes easy → steady (progressive if fit)