

# Advanced Training Plan

See pace chart on page 17 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 7-13	5 mi @ E	6 mi @ E + Strength	6-8 x 200m @ 5k-1mi pace Equal jog rest	5 mi @ E + Strength	Rest	10 mi @ LR	5 mi @ E
<b>Week 2</b> June 14-20	3 mi @ T	6 mi @ E + Strength	6-8 x 400m @ 10k-5k pace Equal jog rest	5 mi @ E + Strength	Rest	11 mi @ LR	5 mi @ E
<b>Week 3</b> June 21-27	3 x 1 mi @ T 1-2 min rest	6 mi @ E + Strength	6-8 x 600m @ 10k-5k pace 3 min rest	5 mi @ E + Strength	Rest	9 mi @ LR	5 mi @ E
<b>Week 4</b> June 28-July 4	4 mi @ T	6 mi @ E + Strength	6-8 x 800m Yasso Format 3-4 min rest	6 mi @ E + Strength	Rest	13 mi @ LR	6 mi @ E
<b>Week 5</b> July 5-11	4 x 1 mi @ T 1-2 min rest	6 mi @ E + Strength	200m, 400m, 600m, 800m, 600m, 400m, 200m @ 5k-1 mi pace 3-4 min rest	6 mi @ E + Strength	Rest	14 mi @ LR	7 mi @ E
<b>Week 6</b> July 12-18	5 mi @ T	6 mi @ E + Strength	1 mi, 800m, 600m, 400m, 200m @ Tempo-5k pace 2 min rest	4 mi @ E + Strength	Rest	12 mi @ LR	5 mi @ E
<b>Week 7</b> July 19-25	5 x 1 mi @ T 1-2 min rest	6 mi @ E + Strength	3 sets (2 x 200 m + 1 x 600m) @ 10k-5k pace Equal jog rest	6 mi @ E + Strength	Rest	15 mi @ LR	6 mi @ E
<b>Week 8</b> July 26-Aug 1	6 mi @ T	6 mi @ E + Strength	8-10 x 400m @ 10k-5k pace Equal jog rest	6 mi @ E + Strength	Rest	17 mi @ LR	6 mi @ E
<b>Week 9</b> Aug 2-8	3 x 2 mi @ T 2-3 min rest	5 mi @ E + Strength	8-10 x 600m @ 10k-5k pace 3 min rest	5 mi @ E + Strength	Rest	14 mi @ LR	8 mi @ E
<b>Week 10</b> Aug 9-15	7 mi @ MP	5 mi @ E + Strength	8-10 x 800m Yasso Format 2-3 min rest	5 mi @ E + Strength	Rest	18 mi @ LR	8 mi @ E
<b>Week 11</b> Aug 16-22	4 x 2 mi @ MP 2 min rest	7 mi @ E + Strength	4-5 x 1000m @ Tempo-5k pace 2-3 min rest	8 mi @ E + Strength	Rest	20 mi @ LR	6 mi @ E
<b>Week 12</b> Aug 23-29	6 mi @ MP	5 mi @ E + Strength	4-5 x 1200m @ Tempo-5k pace 2-3 min rest	5 mi @ E + Strength	Rest	14 mi @ LR	8 mi @ E
<b>Week 13</b> Aug 30-Sept 5	3 x 3 mi @ MP 3 min rest	6 mi @ E + Strength	400m, 600m, 800m, 1200m, 800m, 600m, 400m @ 10k-1 mi pace 3 min rest	7 mi @ E + Strength	Rest	20 mi @ LR	6 mi @ E
<b>Week 14</b> Sept 6-12	8 mi @ MP	5 mi @ E + Strength	2k, 1k, 800m, 400m @ Tempo-5k cutdown 2 min rest	6 mi @ E + Strength	Rest	14 mi @ LR	6 mi @ E
<b>Week 15</b> Sept 13-19	5 x 2 mi @ MP 2 min rest	7 mi @ E + Strength	2 x 1200m @ Tempo, 1 x 1k @ 5k pace, 4 x 400m @ 1 mi pace 2-3 min rest	6 mi @ E	Rest	3 mi @ E	<b>R2R</b> <b>20 Miler</b>
<b>Week 16</b> Sept 20-26	6 mi @ E or Rest	6 mi @ E + Strength	2 x 1k @ Tempo, 2 x 800m @ 5k pace, 4 x 400m @ 1 mi pace 2-3 min rest	6 mi @ E	Rest	12 mi @ LR	6 mi @ E
<b>Week 17</b> Sept 27-Oct 3	4 x 1 mi @ T 1-2 min rest	5 mi @ E + Strength	6-8 x 200m @ 5k-1 mi pace Equal jog rest	6 mi @ E	Rest	8 mi @ LR	6 mi @ E
<b>Week 18</b> Oct 4-10	4 mi @ E	5 mi @ E	3 x 1 mi @ marathon pace 2 min rest	5 mi @ E	Rest	Rest	<b>Race</b>