

ADVANCED II

See pace chart on page 20 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1 June 5-11	5 mi @ E	6 mi @ E + 6 x :03 sprints + Strength	10 x 200m @ 5k-1mi pace Equal jog rest	7 mi @ E + Strength	5 mi @ E	10 mi @ LR	Rest
Week 2 June 12-18	6 mi @ E	7 mi @ E + 6 x :03 sprints + Strength	10 x 400m @ 5k-1mi pace Equal jog rest	6 mi @ E + Strength	5 mi @ E	11 mi @ LR	Rest
Week 3 June 19-25	3 x 1 mi @ T 1-2 min rest	7 mi @ E + 6 x :03 sprints + Strength	10 x 600m @ 5k-1mi pace Equal jog rest	7 mi @ E + Strength	5 mi @ E	9 mi @ LR w/ last 3 mi @ MP	Rest
Week 4 June 26-July 2	3 mi @ T	7 mi @ E + 5 x :05 sprints + Strength	10 x 800m "Yasso Format" 2-3 min. rest	8 mi @ E + Strength	6 mi @ E	13 mi @ LR	Rest
Week 5 July 3-9	4 x 1 mi @ T 1-2 min rest	7 mi @ E + 5 x :05 sprints + Strength	3 x 800m, 5 x 400m @ 5k-1mi pace 3min. rest	8 mi @ E + Strength	7 mi @ E	14 mi @ LR	Rest
Week 6 July 10-16	4 mi @ T	8 mi @ E + 5 x :05 sprints + Strength	2 x 800m, 4 x 600m, 4 x 200m @ 5k-1mi pace (2-3min. rest)	7 mi @ E + Strength	5 mi @ E	12 mi @ LR w/ last 3 mi @ MP	Rest
Week 7 July 17-23	5 x 1 mi @ T 1-2 min rest	8 mi @ E + 4 x :07 sprints + Strength	5 sets (400m, 600m) @ 5k pace 3min. walk or jog rest	8 mi @ E + Strength	6 mi @ E	15 mi @ LR	Rest
Week 8 July 24-30	4 mi @ T + 1 mi @ 10k	8 mi @ E + 4 x :07 sprints + Strength	12 x 400m @ 10k-5k pace 1-2min. rest	8 mi @ E + Strength	6 mi @ E	17 mi @ LR	Rest
Week 9 July 31-Aug 6	3 x 2 mi @ T 1-2 min rest	9 mi @ E + 4 x :07 sprints + Strength	10 x 800m "Yasso Format" 2-3min. rest	7 mi @ E + Strength	8 mi @ E	15 mi @ LR	Rest
Week 10 Aug 7-13	7 mi @ MP	8 mi @ E + 3 x :11 sprints + Strength	6 x 1000m @ 10k pace 2-3min. rest	8 mi @ E + Strength	8 mi @ E	18 mi @ LR	Rest
Week 11 Aug 14-20	4 x 2 mi @ MP 2-3 min rest	8 mi @ E + 3 x :11 sprints + Strength	6 x 1200m @ 10k pace 2-3min. rest	8 mi @ E + Strength	6 mi @ E	20 mi @ LR	Rest
Week 12 Aug 21-27	6 mi @ MP	8 mi @ E + 3 x :11 sprints + Strength	2 Sets (1600m, 1200m, 800m, 400m) @ Tempo-5k pace (3min. rest)	9 mi @ E + Strength	8 mi @ E	14 mi @ LR w/ last 3 mi @ MP	Rest
Week 13 Aug 28-Sept 3	3 x 3 mi @ MP 3 min rest	9 mi @ E + 2 x :13 sprints + Strength	400m, 600m, 800m, 1000m, 800m, 600m, 400m @ 10k-1mi pace 3min. rest	9 mi @ E + Strength	6 mi @ E	22 mi @ LR	Rest
Week 14 Sept 4- 10	8 mi @ MP	8 mi @ E + 2 x :13 sprints + Strength	3 x 1mi @ Tempo, 4 x 400m @ 5k pace 2min. rest	8 mi @ E + Strength	6 mi @ E	14 mi @ LR	Rest
Week 15 Sept 11-17	2 x 5 mi @ MP 2 min rest	5 mi @ E + 2 x :13 sprint + Strength	3 x 1200m @ Tempo, 2 x 600m @ 5k 2-3min. rest	7 mi @ E	Rest	Rest	R2R 20 Miler
Week 16 Sept 18-24	3-6 mi @ E or Rest	7 mi @ E + 2 x :10 sprint + Strength	4 x 1000m @ Tempo, 4 x 400m @ 1mi 2-3min. rest	8 mi @ E	6 mi @ E	13 mi @ LR w/ last 3 mi @ MP	6 mi @ E
Week 17 Sept 25-Oct 1	3 mi @ T	6 mi @ E + 2 x :10 sprint + Strength	10 x 200m @ 5k-1 mi pace Equal jog rest	7 mi @ E	6 mi @ E	10 mi @ LR w/ last 2 mi @ T	6 mi @ E
Week 18 Oct 2-8	4 mi @ E	5 mi @ E + 2 x :8 sprint + Strength	3 x 1 mi @ marathon pace 2 min rest	5 mi @ E	Rest	Rest	Race