

NOVICE 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	3 mi @ E	Rest or Strength	6 x 200m @ 5k-1mi pace Equal jog rest	3 mi @ E + Strength	Rest	6 mi @ LR	Rest
Week 2 June 12-18	3 mi @ E	Rest or Strength	6 x 400m @ 5k-1mi pace Equal jog rest	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
Week 3 June 19-25	3 mi @ E	Rest or Strength	6 x 600m @ 5k-1mi pace 3min. rest	3 mi @ E + Strength	Rest	5 mi @ LR	Rest
Week 4 June 26-July 2	3 mi @ E	Rest or Strength	6 x 800m "Yasso Format" 2-3min. rest	3 mi @ E + Strength	Rest	9 mi @ LR	Rest
Week 5 July 3-9	3 mi @ E	Rest or Strength	2 x 800m, 4 x 400m @ 5k-1mi pace 3min. rest	3 mi @ E + Strength	Rest	10 mi @ LR	Rest
Week 6 July 10-16	3 mi @ E	Rest or Strength	2 x 800m, 2 x 600m, 2 x 200m @ 5k-1mi pace (2-3min. rest)	3 mi @ E + Strength	Rest	7 mi @ LR	Rest
Week 7 July 17-23	3 mi @ E	Rest or Strength	3 sets (400m, 600m) @ 5k pace 3min. walk or jog rest	3 mi @ E + Strength	Rest	12 mi @ LR	Rest
Week 8 July 24-30	3 mi @ E	Rest or Strength	8 x 400m @ 10k-5k pace 1-2min. rest	3 mi @ E + Strength	Rest	13 mi @ LR	Rest
Week 9 July 31-Aug 6	4 mi @ E	Rest or Strength	8 x 800m "Yasso Format" 2-3min. rest	4 mi @ E + Strength	Rest	10 mi @ LR	Rest
Week 10 Aug 7-13	3 mi @ E	Rest or Strength	4 x 1000m @ 10k pace 2-3min. rest	4 mi @ E + Strength	Rest	15 mi @ LR	Rest
Week 11 Aug 14-20	4 mi @ E	Rest or Strength	4 x 1200m @ 10k pace 2-3min. rest	4 mi @ E + Strength	Rest	16 mi @ LR	Rest
Week 12 Aug 21-27	5 mi @ E	Rest or Strength	1600m, 1200m, 800m, 400m @ Tempo-5k pace (3min. rest)	5 mi @ E + Strength	Rest	12 mi @ LR	Rest
Week 13 Aug 28-Sept 3	4 mi @ E	Rest or Strength	400m, 600m, 800m, 1000m, 800m, 600m, 400m @ 10k-1mi pace 3min. rest	5 mi @ E + Strength	Rest	20 mi @ LR	Rest
Week 14 Sept 4- 10	6 mi @ E	Rest or Strength	2 x 1mi @ Tempo, 2 x 400m @ 5k pace 2min. rest	5 mi @ E + Strength	Rest	14 mi @ LR	Rest
Week 15 Sept 11-17	7 mi @ E	Rest or Strength	3 x 1200m @ Tempo, 2 x 600m @ 5k 2-3min. rest	6 mi @ E	Rest	Rest	R2R 20 Miler
Week 16 Sept 18-24	4 mi @ E or Rest	Rest or Strength	3 x 1000m @ Tempo, 3 x 400m @ 1mi 2-3min. rest	4 mi @ E	Rest	12 mi @ LR	Rest
Week 17 Sept 25-Oct 1	4 mi @ E	Rest or Strength	6 x 200m @ 5k-1 mi pace Equal jog rest	3 mi @ E	Rest	8 mi @ LR	Rest
Week 18 Oct 2-8	3 mi @ E	Rest	3 x 1 mi @ marathon pace 2min. rest	3 mi @ E	Rest	Rest	Race