

TRAINING SCHEDULES

The following pages contain six training schedules and the training log. First, review the schedules. Then, select the schedule based on your primary weekend long workout and your training level.

TYPICAL TRAINING WEEK

TYPICAL 500 LEVEL (WALK) TRAINING WEEK FOLLOWS:

	Saturday Training
Monday	Rest
Tuesday	Easy Walk
Wednesday	1/2 of Long Walk ²
Thursday	Effort Workout ¹
Friday	Rest
Saturday	Long Walk
Sunday	Cross-Train

TYPICAL 500 LEVEL TRAINING WEEK FOLLOWS:

	Saturday Training	Sunday Training
Monday	Rest	Rest
Tuesday	Easy Run	Easy Run
Wednesday	1/2 of Long Run ²	1/2 of Long Run ²
Thursday	Effort Run ¹	Effort Run ¹
Friday	Rest	Rest
Saturday	Long Run	Cross-Train
Sunday	Cross-Train	Long Run

TYPICAL 700 LEVEL TRAINING WEEK FOLLOWS:

	Saturday Training	Sunday Training
Monday	Cross-Train	Cross-Train
Tuesday	Easy Run	Easy Run
Wednesday	1/2 of Long Run ²	1/2 of Long Run ²
Thursday	Effort Run ¹	Effort Run ¹
Friday	Rest	Rest
Saturday	Long Run	1/2 of Long Run
Sunday	1/2 of Long Run	Long Run

¹ Early in the program, the Thursday run will be replaced with an effort workout. The first will be a workout of hill repeats. These hill workouts will greatly improve your leg strength. Later, we will also offer optional track workouts to improve your form and speed. Before we move to either of these workouts, you will have ample opportunities to discuss the structure of these effort sessions with your coaches. If you choose not to do Hills or Track then the assigned workout would be a Tempo run.

² Some of these mid-week workouts will include a Tempo/Pickup workout. Refer to the schedules.

ORDER OF IMPORTANCE

1. The long workout is the most important workout of the week. Try not to miss this workout.
2. The Wednesday workout is second in importance.

Experience has shown that there are individuals who fall between these two schedules. You may have run some, but are not sure that you are ready to handle the 700 Level training mileage. For these individuals, it is plausible to run the 700 Level schedule, but substitute the second weekend run with a rest or cross-training day. Since this does not impact the long weekend run, we assign these participants to an intermediate team. A schedule omitting the second shorter weekend run is included in this book as the 700 Level 4-Day schedule.

500 LEVEL WALKING (SATURDAY TEAM)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
1	6/06-6/12	R	2 SP	3 SP	2 SP	R	5 SP	X	12 / 23
2	6/13-6/19	R	3 SP	3 SP	3 SP	R	6 SP	X	15 / 28
3	6/20-6/26	R	3 SP	3 SP	3 SP	R	7 SP	X	16 / 44
4	6/27-7/03	R	3 SP	4 SP	H or 3 PU	R	8 SP	X	18 / 62
5	7/04-7/10	(3.1)	R	4 SP	H or 3 PU	R	6 SP	X	16 / 78
6	7/11-7/17	(3.1)	R	4 SP	H or 3 SP	R	9 SP	X	19 / 97
7	7/18-7/24	(3.1)	R	5 SP	H or 3 PU	R	10 SP	X	21 / 118
8	7/25-7/31	R	3 SP	5 SP	H or 3 PU	R	7 SP	X	18 / 136
9	8/01-8/07	R	3 SP	5 CU	H or 3 SP	R	11 SP	X	22 / 158
10	8/8-8/14	R	3 SP	5 SP	H or 3 PU	R	12 SP	X	23 / 181
11	8/15-8/21	R	3 SP	6 SP	H or 3 PU	R	10 SP	X	22 / 203
12	8/22-8/28	R	3 SP	6 PU	3 SP	R	(13.1)	X	25 / 228
13	8/29-9/04	R	3 SP	6 SP	T or 3 PU	R	12 SP	X	24 / 252
14	9/05-9/11	R	3 SP	6 SP	T or 4 PU	R	14 SP	X	27 / 279
15	9/12-9/18	R	3 SP	7 PU	T or 4 SP	R	12 SP	X	26 / 305
16	9/19-9/25	R	4 SP	7 SP	T or 4 PU	R	16 SP	X	31 / 336
17	9/26-10/02	R	4 SP	7 PU	T or 5 SP	R	12 SP	X	28 / 364
18	10/03-10/9	R	4 SP	8 SP	T or 5 PU	R	18 SP	X	35 / 399
19	10/10-10/16	R	5 SP	9 PU	T or 5 SP	R	12 SP	X	31 / 430
20	10/17-10/23	R	5 SP	10 SP	5 PU	R	19 SP	X	39 / 469
21	10/24-10/30	R	5 SP	8 SP	4 SP	R	* 12 SP	X	29 / 498
22	10/31-11/06	R	4 SP	6 SP	3 SP	R	* 8 SP	X	21 / 519
23	11/07-11/13	3 SP	R	4 SP	R	R	26.2	R	33 / 552

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

SP- Steady Pace

PU- Pick-up Pace

*- Start Time TBD

500 LEVEL (SATURDAY TEAMS)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
1	6/06-6/12	R	3 CP	3 CP	3 CP	R	6 CP	X	15 / 15
2	6/13-6/19	R	3 CP	3 CP	3 CP	R	4 CP	X	13 / 28
3	6/20-6/26	R	3 CP	3 TR	3 CP	R	7 CP	X	16 / 44
4	6/27-7/03	R	3 CP	4 CP	H or 3 TR	R	8 CP	X	18 / 62
5	7/04-7/10	(3.1)	R	4 CP	H or 3 TR	R	6 CP	X	16 / 78
6	7/11-7/17	(3.1)	R	4 TR	H or 3 CP	R	9 CP	X	19 / 97
7	7/18-7/24	(3.1)	R	5 CP	H or 3 TR	R	10 CP	X	21 / 118
8	7/25-7/31	R	3 CP	5 CP	H or 3 TR	R	7 CP	X	18 / 136
9	8/01-8/07	R	3 CP	5 TR	H or 3 CP	R	11 CP	X	22 / 158
10	8/8-8/14	R	3 CP	6 CP	H or 3 TR	R	12 CP	X	24 / 182
11	8/15-8/21	R	3 CP	6 CP	H or 3 TR	R	10 CP	X	22 / 204
12	8/22-8/28	R	3 CP	6 TR	3 CP	R	(13.1)	X	25 / 229
13	8/29-9/04	R	3 CP	7 CP	T or 3 TR	R	12 CP	X	25 / 254
14	9/05-9/11	R	3 CP	7 CP	T or 3 TR	R	14 CP	X	28 / 282
15	9/12-9/18	R	3 CP	7 TR	T or 4 CP	R	12 CP	X	26 / 308
16	9/19-9/25	R	4 CP	8 CP	T or 4 TR	R	16 CP	X	32 / 340
17	9/26-10/02	R	4 CP	8 TR	T or 5 CP	R	12 CP	X	29 / 369
18	10/03-10/9	R	4 CP	9 CP	T or 5 TR	R	18 CP	X	36 / 405
19	10/10-10/16	R	5 CP	9 TR	T or 5 CP	R	12 CP	X	31 / 436
20	10/17-10/23	R	5 CP	10 CP	5 TR	R	20 CP	X	40 / 476
21	10/24-10/30	R	5 CP	8 CP	4 CP	R	* 12 CP	X	29 / 505
22	10/31-11/06	R	4 CP	6 CP	3 CP	R	* 8 CP	X	21 / 526
23	11/07-11/13	3 CP	R	4 CP	R	R	26.2	R	33 / 559

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

500 LEVEL (SUNDAY TEAMS)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
1	6/06-6/12	R	3 CP	3 CP	3 CP	R	X	6 CP	15 / 15
2	6/13-6/19	R	3 CP	3 CP	3 CP	R	X	4 CP	13 / 28
3	6/20-6/26	R	3 CP	3 TR	3 CP	R	X	7 CP	16 / 44
4	6/27-7/03	R	3 CP	4 CP	H or 3 TR	R	X	8 CP	18 / 62
5	7/04-7/10	(3.1)	R	4 CP	H or 3 TR	R	X	6 CP	16 / 78
6	7/11-7/17	(3.1)	R	4 TR	H or 3 CP	R	X	9 CP	19 / 97
7	7/18-7/24	(3.1)	R	5 CP	H or 3 TR	R	X	10 CP	21 / 118
8	7/25-7/31	R	3 CP	5 CP	H or 3 TR	R	X	7 CP	18 / 136
9	8/01-8/07	R	3 CP	5 TR	H or 3 CP	R	X	11 CP	22 / 158
10	8/8-8/14	R	3 CP	6 CP	H or 3 TR	R	X	12 CP	24 / 182
11	8/15-8/21	R	3 CP	6 CP	H or 3 TR	R	X	10 CP	22 / 204
12	8/22-8/28	R	3 CP	6 TR	3 CP	R	13.1	X	25 / 229
13	8/29-9/04	R	3 CP	7 CP	T or 3 TR	R	X	12 CP	25 / 254
14	9/05-9/11	R	3 CP	7 CP	T or 4 TR	R	X	14 CP	28 / 282
15	9/12-9/18	R	3 CP	7 TR	T or 4 CP	R	X	12 CP	26 / 308
16	9/19-9/25	R	4 CP	8 CP	T or 4 TR	R	X	16 CP	32 / 340
17	9/26-10/02	R	4 CP	8 TR	T or 5 CP	R	X	12 CP	29 / 369
18	10/03-10/9	R	4 CP	9 CP	T or 5 TR	R	X	18 CP	36 / 405
19	10/10-10/16	R	5 CP	9 TR	T or 5 CP	R	X	12 CP	31 / 436
20	10/17-10/23	R	5 CP	10 CP	5 TR	R	X	20 CP	40 / 476
21	10/24-10/30	R	5 CP	8 CP	4 CP	R	X	* 12 CP	29 / 505
22	10/31-11/06	R	4 CP	6 CP	3 CP	R	X	* 8 CP	21 / 526
23	11/07-11/13	3 CP	R	4 CP	R	R	26.2	R	33 / 559

Later Start Time Begins

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SATURDAY TEAMS - 5 DAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
1	6/06-6/12	X	3 CP	5 CP	3 CP	R	8 CP	5 CP	24 / 24
2	6/13-6/19	X	3 CP	5 CP	3 CP	R	9 CP	5 CP	25 / 49
3	6/20-6/26	X	3 CP	5 CP	3 CP	R	7 CP	5 CP	23 / 72
4	6/27-7/03	X	3 CP	5 CP	H or 3 TR	R	10 CP	5 CP	26 / 98
5	7/04-7/10	(3.1)	X	5 TR	H or 3 TR	R	11 CP	5 CP	27 / 125
6	7/11-7/17	(3.1)	X	6 CP	H or 3 CP	R	8 CP	6 CP	26 / 151
7	7/18-7/24	(3.1)	X	6 TR	H or 3 TR	R	13 CP	6 CP	31 / 182
8	7/25-7/31	X	3 CP	7 CP	H or 3 TR	R	14 CP	7 CP	34 / 216
9	8/01-8/07	X	3 CP	7 TR	H or 3 CP	R	10 CP	7 CP	30 / 246
10	8/8-8/14	X	3 CP	8 CP	H or 3 TR	R	15 CP	8 CP	37 / 283
11	8/15-8/21	X	4 CP	8 CP	H or 4 TR	R	12 CP	8 CP	36 / 319
12	8/22-8/28	X	4 CP	8 CP	4 CP	R	(13.1)	8 CP	37 / 356
13	8/29-9/04	X	4 CP	8 TR	T or 4 CP	R	16 CP	8 CP	40 / 396
14	9/05-9/11	X	4 CP	9 CP	T or 4 TR	R	17 CP	9 CP	43 / 440
15	9/12-9/18	X	4 CP	9 TR	T or 4 CP	R	12 CP	9 CP	38 / 478
16	9/19-9/25	X	5 CP	10 CP	T or 5 TR	R	18 CP	10 CP	48 / 526
17	9/26-10/02	X	5 CP	6 CP	T or 5 TR	R	12 CP	6 CP	34 / 560
18	10/03-10/9	X	5 CP	10 CP	T or 5 TR	R	20 CP	10 CP	50 / 610
19	10/10-10/16	X	5 CP	6 CP	T or 5 TR	R	12 CP	6 CP	34 / 644
20	10/17-10/23	X	5 CP	10 TR	5 CP	R	20 CP	10 CP	50 / 694
21	10/24-10/30	X	5 CP	8CP	5 CP	R	* 12 CP	6 CP	36 / 730
22	10/31-11/06	X	4 CP	6 CP	4 CP	R	* 8 CP	6 CP	28 / 758
23	11/07-11/13	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 793

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SUNDAY TEAMS - 5 DAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
1	6/06-6/12	X	3 CP	5 CP	3 CP	R	5 CP	8 CP	24 / 24
2	6/13-6/19	X	3 CP	5 CP	3 CP	R	5 CP	9 CP	25 / 49
3	6/20-6/26	X	3 CP	5 CP	3 CP	R	5 CP	7 CP	23 / 72
4	6/27-7/03	X	3 CP	5 CP	H or 3 TR	R	5 CP	10 CP	26 / 98
5	7/04-7/10	(3.1)	X	5 TR	H or 3 TR	R	5 CP	11 CP	27 / 125
6	7/11-7/17	(3.1)	X	6 CP	H or 3 CP	R	6 CP	8 CP	26 / 151
7	7/18-7/24	(3.1)	X	6 TR	H or 3 TR	R	6 CP	13 CP	31 / 182
8	7/25-7/31	X	3 CP	7 CP	H or 3 TR	R	7 CP	14 CP	34 / 216
9	8/01-8/07	X	3 CP	7 TR	H or 3 CP	R	7 CP	10 CP	30 / 246
10	8/8-8/14	X	3 CP	8 CP	H or 3 TR	R	8 CP	15 CP	37 / 283
11	8/15-8/21	X	4 CP	8 CP	H or 4 TR	R	8 CP	12 CP	36 / 319
12	8/22-8/28	X	4 CP	8 CP	4 CP	R	(13.1)	13.1 CP	42 / 361
13	8/29-9/04	X	4 CP	8 TR	T or 4 CP	R	8 CP	16 CP	40 / 401
14	9/05-9/11	X	4 CP	9 CP	T or 4 TR	R	9 CP	17 CP	43 / 444
15	9/12-9/18	X	4 CP	9 TR	T or 4 CP	R	9 CP	12 CP	38 / 482
16	9/19-9/25	X	5 CP	10 CP	T or 5 TR	R	10 CP	18 CP	48 / 530
17	9/26-10/02	X	5 CP	6 CP	T or 5 TR	R	6 CP	12 CP	34 / 564
18	10/03-10/9	X	5 CP	10 CP	T or 5 TR	R	10 CP	20 CP	50 / 614
19	10/10-10/16	X	5 CP	6 CP	T or 5 TR	R	6 CP	12 CP	34 / 648
20	10/17-10/23	X	5 CP	10 TR	5 CP	R	10 CP	20 CP	50 / 698
21	10/24-10/30	X	5 CP	8CP	5 CP	R	6 CP	* 12 CP	36 / 734
22	10/31-11/06	X	4 CP	6 CP	4 CP	R	6 CP	* 8 CP	28 / 762
23	11/07-11/13	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 797

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SATURDAY TEAMS - 4 DAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
1	6/06-6/12	X	3 CP	5 CP	3 CP	R	8 CP	X	19 / 19
2	6/13-6/19	X	3 CP	5 CP	3 CP	R	9 CP	X	20 / 39
3	6/20-6/26	X	3 CP	5 CP	3 CP	R	7 CP	X	18 / 57
4	6/27-7/03	X	3 CP	5 CP	H or 3 TR	R	10 CP	X	21 / 78
5	7/04-7/10	(3.1)	X	5 TR	H or 3 TR	R	11 CP	X	22 / 100
6	7/11-7/17	(3.1)	X	6 CP	H or 3 CP	R	8 CP	X	20 / 120
7	7/18-7/24	(3.1)	X	6 TR	H or 3 TR	R	13 CP	X	25 / 145
8	7/25-7/31	X	3 CP	7 CP	H or 3 TR	R	14 CP	X	27 / 172
9	8/01-8/07	X	3 CP	7 TR	H or 3 CP	R	10 CP	X	23 / 195
10	8/8-8/14	X	3 CP	8 CP	H or 3 TR	R	15 CP	X	29 / 224
11	8/15-8/21	X	4 CP	8 CP	H or 4 TR	R	12 CP	X	28 / 252
12	8/22-8/28	X	4 CP	8 CP	4 CP	R	(13.1)	X	29 / 281
13	8/29-9/04	X	4 CP	8 TR	T or 4 CP	R	16 CP	X	32 / 313
14	9/05-9/11	X	4 CP	9 CP	T or 4 TR	R	17 CP	X	34 / 347
15	9/12-9/18	X	4 CP	9 TR	T or 4 CP	R	12 CP	X	29 / 376
16	9/19-9/25	X	5 CP	10 CP	T or 5 TR	R	18 CP	X	38 / 415
17	9/26-10/02	X	5 CP	6 CP	T or 5 TR	R	12 CP	X	28 / 443
18	10/03-10/9	X	5 CP	10 CP	T or 5 TR	R	20 CP	X	40 / 483
19	10/10-10/16	X	5 CP	6 CP	T or 5 TR	R	12 CP	X	28 / 511
20	10/17-10/23	X	5 CP	10 TR	5 CP	R	20 CP	X	40 / 551
21	10/24-10/30	X	5 CP	8CP	5 CP	R	* 12 CP	X	30 / 581
22	10/31-11/06	X	4 CP	6 CP	4 CP	R	* 8 CP	X	22 / 603
23	11/07-11/13	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 638

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

700 LEVEL (SUNDAY TEAMS - 4 DAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
1	6/06-6/12	X	3 CP	5 CP	3 CP	R	X	8 CP	19 / 19
2	6/13-6/19	X	3 CP	5 CP	3 CP	R	X	9 CP	20 / 39
3	6/20-6/26	X	3 CP	5 CP	3 CP	R	X	7 CP	18 / 57
4	6/27-7/03	X	3 CP	5 CP	H or 3 TR	R	X	10 CP	21 / 78
5	7/04-7/10	(3.1)	X	5 TR	H or 3 TR	R	X	11 CP	22 / 100
6	7/11-7/17	(3.1)	X	6 CP	H or 3 CP	R	X	8 CP	20 / 120
7	7/18-7/24	(3.1)	X	6 TR	H or 3 TR	R	X	13 CP	25 / 145
8	7/25-7/31	X	3 CP	7 CP	H or 3 TR	R	X	14 CP	27 / 172
9	8/01-8/07	X	3 CP	7 TR	H or 3 CP	R	X	10 CP	23 / 195
10	8/8-8/14	X	3 CP	8 CP	H or 3 TR	R	X	15 CP	29 / 224
11	8/15-8/21	X	4 CP	8 CP	H or 4 TR	R	X	12 CP	28 / 252
12	8/22-8/28	X	4 CP	8 CP	4 CP	R	(13.1)	X	29 / 281
13	8/29-9/04	X	4 CP	8 TR	T or 4 CP	R	X	16 CP	32 / 313
14	9/05-9/11	X	4 CP	9 CP	T or 4 TR	R	X	17 CP	34 / 347
15	9/12-9/18	X	4 CP	9 TR	T or 4 CP	R	X	12 CP	29 / 376
16	9/19-9/25	X	5 CP	10 CP	T or 5 TR	R	X	18 CP	38 / 415
17	9/26-10/02	X	5 CP	6 CP	T or 5 TR	R	X	12 CP	28 / 443
18	10/03-10/9	X	5 CP	10 CP	T or 5 TR	R	X	20 CP	40 / 483
19	10/10-10/16	X	5 CP	6 CP	T or 5 TR	R	X	12 CP	28 / 511
20	10/17-10/23	X	5 CP	10 TR	5 CP	R	X	20 CP	40 / 551
21	10/24-10/30	X	5 CP	8CP	5 CP	R	X	* 12 CP	30 / 581
22	10/31-11/06	X	4 CP	6 CP	4 CP	R	X	* 8 CP	22 / 603
23	11/07-11/13	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 638

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD