

SCHEDULE (COMPETE: GET FASTER)

Week #	Dates	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Total
	9/15 - 9/21							1 TR or (3.9)	1
1	9/22 - 9/28	R	X	1 S	R	1.5 IV	R	2 TR	4.5
2	9/29 - 10 /5	R	2 S	R	2 IV	X	R	2.5	6.5
3	10/6 - 10/12	R	2 S	R	2 IV	X	R	3 TR	7
4	10/13 - 10/19	R	2 S	R	2.5 IV	X	R	3.5 TR	8
5	10/20 - 10/26	R	3 S	R	3 IV	X	R	4 TR	10
6	10/27 - 11/2	R	2 S	R	3 IV	X	R	5 TR	10
7	11/3 - 11/9	R	3 S	R	2.5 IV	X	R	4 TR	9.5
8	11/10 - 11/16	R	3 S	R	3 IV	X	R	8k	11

LEGEND

S- Steady

X- Cross Training Day

R- Rest Day

IV - Intervals

TR- Tempo Run

STEADY- Comfortable pace that is slower than desired race pace—you should be able to maintain conversation.

Purpose: Builds mileage base

CROSS TRAIN*- Aerobic training (swimming, cycling, etc.) that uses the muscles differently and provides fun variety in training.

*Purpose: Prevent overuse injuries, improve flexibility, etc. *Completers should consider High Intensity Interval Training (HIIT) workouts*

REST- Recovery time when the muscles rebuild stronger after workouts—equally important as scheduled workouts.

Purpose: Strengthen muscles and recover

INTERVALS- Intervals of 30-45 seconds after 5-10 minute warm-up (start with 4-6 and build to 6-8). Intervals near race pace.

Purpose: Builds speed for race day

TEMPO RUN- Sustained speed training—first 1/3 warm-up at Steady pace, 2/3 near race pace, last 1/3 cool down at Steady pace

Purpose: Builds speed for race day

OPTIONAL RACE SEPT 21- Run Richmond 16.19

SCHEDULE (COMPLETE: CROSS THE FINISH LINE)

Week #	Dates	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Total
	9/15 - 9/21							1 S or (3.9)	1
1	9/22 - 9/28	R	X	1 S	R	1.5 REC	R	2 S	4.5
2	9/29 - 10/5	R	2 REC	R	2 S	X	R	2.5 S	6.5
3	10/6 - 10/12	R	2 REC	R	2 S	X	R	3 S	7
4	10/13 - 10/19	R	2 REC	R	2.5 S	X	R	3.5 S	8
5	10/20 - 10/26	R	3 REC	R	3 S	X	R	4 S	10
6	10/27 - 11/2	R	2 REC	R	3 S	X	R	5 S	10
7	11/3 - 11/9	R	3 REC	R	2.5 S	X	R	4 S	9.5
8	11/10 - 11/16	R	3 REC	R	3 S	X or R	R	8k	11

LEGEND

S- Steady

X- Cross Training Day

R- Rest Day

REC- Recovery

STEADY- Comfortable pace that is slower than desired race pace—you should be able to maintain conversation.

Purpose: Builds mileage base

CROSS TRAIN*- Aerobic training (swimming, cycling, etc.) that uses the muscles differently and provides fun variety in training.

*Purpose: Prevent overuse injuries, improve flexibility, etc. *Completers should consider High Intensity Interval Training (HIIT) workouts*

REST- Recovery time when the muscles rebuild stronger after workouts—equally important as scheduled workouts.

Purpose: Strengthen muscles and recover

RECOVERY- Slow, comfortable pace that helps build stamina and keeps the muscles moving—should not create fatigue

Purpose: Optimize recovery, maintain workout habit, avoid overtraining injuries

OPTIONAL RACE SEPT 21- Run Richmond 16.19