

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
0	5/29-6/04	R	3SP	3SP	3SP	R	5 SP	X	14/14
1	6/05-6/11	R	3 SP	3 SP	3 SP	R	6 SP	X	15 / 29
2	6/12-6/18	R	3 SP	3 SP	3 SP	R	4 SP	X	13 / 42
3	6/19-6/25	R	3 SP	3 PU	3 SP	R	7 SP	X	16 / 58
4	6/26-7/02	R	3 SP	4 SP	H or 3 PU	R	8 SP	X	18 / 76
5	7/03-7/9	(3.1)	R	4 SP	H or 3 PU	R	6 SP	X	16 / 92
6	7/10-7/16	(3.1)	R	4 PU	H or 3 SP	R	9 SP	X	19 / 111
7	7/17-7/23	(3.1)	R	5 SP	H or 3 PU	R	10 SP	X	21 / 132
8	7/24-7/30	R	3 SP	5 SP	H or 3 PU	R	7 SP	X	18 / 150
9	7/31-8/06	R	3 SP	5 PU	H or 3 SP	R	11 SP	X	22 / 172
10	8/07-8/13	R	3 SP	6 SP	H or 3 PU	R	12 SP	X	24 / 196
11	8/14-8/20	R	3 SP	6 SP	H or 3 PU	R	10 SP	X	22 / 218
12	8/21-8/27	R	3 SP	6 PU	3 SP	R	(13.1)	X	25 / 243
13	8/28-9/03	R	3 SP	7 SP	T or 3 PU	R	12 SP	X	25 / 268
14	9/04-9/10	R	3 SP	7 SP	T or 4 PU	R	14 SP	X	28 / 296
15	9/11-9/17	R	3 SP	7 PU	T or 4 SP	R	12 SP	X	26 / 322
16	9/18-9/24	R	4 SP	8 SP	T or 4 PU	R	16 SP	X	32 / 354
17	9/25-10/01	R	4 SP	8 PU	T or 5 SP	R	12 SP/(10.6)	X	29 / 383
18	10/02-10/08	R	4 SP	9 SP	T or 5 PU	R	18 SP	X	36 / 419
19	10/09-10/15	R	5 SP	9 PU	T or 5 SP	R	12 SP	X	31 / 450
20	10/16-10/22	R	5 SP	10 SP	T or 5 PU	R	20 SP	X	40 / 490
21	10/23-10/29	R	5 SP	8 SP	4 SP	R	* 12 SP	X	29 / 519
22	10/30-11/05	R	4 SP	6 SP	3 SP	R	* 8 SP	X	21 / 540
23	11/06-11/13	3 SP	R	4 SP	R	R	26.2	R	33 / 574

LEGEND

X- Cross Training Day
T - Track Workout

R- Rest Day
SP- Steady Pace

(#)- Recommended Race
PU- Pick-up Pace

H - Hill Workout
*- Start Time TBD

500 LEVEL (SATURDAY TEAMS)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	5/29-6/04	R	3 CP	3 CP	3 CP	R	5 CP	X	14 / 14
1	6/05-6/11	R	3 CP	3 CP	3 CP	R	6 CP	X	15 / 29
2	6/12-6/18	R	3 CP	3 CP	3 CP	R	4 CP	X	13 / 42
3	6/19-6/25	R	3 CP	3 TR	3 CP	R	7 CP	X	16 / 58
4	6/26-7/02	R	3 CP	4 CP	H or 3 TR	R	8 CP	X	18 / 76
5	7/03-7/09	(3.1)	R	4 CP	H or 3 TR	R	6 CP	X	16 / 92
6	7/10-7/16	(3.1)	R	4 TR	H or 3 CP	R	9 CP	X	19 / 111
7	7/17-7/23	(3.1)	R	5 CP	H or 3 TR	R	10 CP	X	21 / 132
8	7/24-7/30	R	3 CP	5 CP	H or 3 TR	R	7 CP	X	18 / 150
9	7/31-8/06	R	3 CP	5 TR	H or 3 CP	R	11 CP	X	22 / 172
10	8/07-8/13	R	3 CP	6 CP	H or 3 TR	R	12 CP	X	24 / 196
11	8/14-8/20	R	3 CP	6 CP	H or 3 TR	R	10 CP	X	22 / 218
12	8/21-8/27	R	3 CP	6 TR	3 CP	R	(13.1)	X	25 / 243
13	8/28-9/03	R	3 CP	7 CP	T or 3 TR	R	12 CP	X	25 / 268
14	9/04-9/10	R	3 CP	7 CP	T or 4 TR	R	14 CP	X	28 / 296
15	9/11-9/17	R	3 CP	7 TR	T or 4 CP	R	12 CP	X	26 / 322
16	9/18-9/24	R	4 CP	8 CP	T or 4 TR	R	16 CP	X	32 / 354
17	9/25-10/01	R	4 CP	8 TR	T or 5 CP	R	12 CP/(10.6)	X	29 / 383
18	10/02-10/08	R	4 CP	9 CP	T or 5 TR	R	18 CP	X	36 / 419
19	10/09-10/15	R	5 CP	9 TR	T or 5 CP	R	12 CP	X	31 / 450
20	10/16-10/22	R	5 CP	10 CP	T or 5 TR	R	20 CP	X	40 / 490
21	10/23-10/29	R	5 CP	8 CP	4 CP	R	* 12 CP	X	29 / 519
22	10/30-11/05	R	4 CP	6 CP	3 CP	R	* 8 CP	X	21 / 540
23	11/06-11/12	3 CP	R	4 CP	R	R	26.2	R	33 / 574

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
0	5/29-6/04	R	3 CP	3 CP	3 CP	R	X	5 CP	14 / 14
1	6/05-6/11	R	3 CP	3 CP	3 CP	R	X	6 CP	15 / 29
2	6/12-6/18	R	3 CP	3 CP	3 CP	R	X	4 CP	13 / 42
3	6/19-6/25	R	3 CP	3 TR	3 CP	R	X	7 CP	16 / 58
4	6/26-7/02	R	3 CP	4 CP	H or 3 TR	R	X	8 CP	18 / 76
5	7/03-7/09	(3.1)	R	4 CP	H or 3 TR	R	X	6 CP	16 / 92
6	7/10-7/16	(3.1)	R	4 TR	H or 3 CP	R	X	9 CP	19 / 111
7	7/17-7/23	(3.1)	R	5 CP	H or 3 TR	R	X	10 CP	21 / 132
8	7/24-7/30	R	3 CP	5 CP	H or 3 TR	R	X	7 CP	18 / 150
9	7/31-8/06	R	3 CP	5 TR	H or 3 CP	R	X	11 CP	22 / 172
10	8/07-8/13	R	3 CP	6 CP	H or 3 TR	R	X	12 CP	24 / 196
11	8/14-8/20	R	3 CP	6 CP	H or 3 TR	R	X	10 CP	22 / 218
12	8/21-8/27	R	3 CP	6 TR	3 CP	R	X/(13.1)	13.1	25 / 243
13	8/28-9/03	R	3 CP	7 CP	T or 3 TR	R	X	12 CP	25 / 268
14	9/04-9/10	R	3 CP	7 CP	T or 4 TR	R	X	14 CP	28 / 296
15	9/11-9/17	R	3 CP	7 TR	T or 4 CP	R	X	12 CP	26 / 322
16	9/18-9/24	R	4 CP	8 CP	T or 4 TR	R	X	16 CP	32 / 354
17	9/25-10/01	R	4 CP	8 TR	T or 5 CP	R	X/(10.6)	12 CP/X	29 / 383
18	10/02-10/8	R	4 CP	9 CP	T or 5 TR	R	X	18 CP	36 / 419
19	10/9-10/15	R	5 CP	9 TR	T or 5 CP	R	X	12 CP	31 / 450
20	10/16-10/22	R	5 CP	10 CP	T or 5 TR	R	X	20 CP	40 / 490
21	10/23-10/29	R	5 CP	8 CP	4 CP	R	X	* 12 CP	29 / 519
22	10/30-11/05	R	4 CP	6 CP	3 CP	R	X	* 8 CP	21 / 540
23	11/06-11/12	3 CP	R	4 CP	R	R	26.2	R	33 / 574

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
0	5/29-6/04	X	3 CP	5 CP	3 CP	R	7 CP	5 CP	23 / 23
1	6/05-6/11	X	3 CP	5 CP	3 CP	R	8 CP	5 CP	24 / 47
2	6/12-6/18	X	3 CP	5 CP	3 CP	R	9 CP	5 CP	25 / 72
3	6/19-6/25	X	3 CP	5 CP	3 CP	R	7 CP	5 CP	23 / 95
4	6/26-7/02	X	3 CP	5 CP	H or 3 TR	R	10 CP	5 CP	26 / 121
5	7/03-7/09	(3.1)	X	5 TR	H or 3 TR	R	11 CP	5 CP	27 / 148
6	7/10-7/16	(3.1)	X	6 CP	H or 3 CP	R	8 CP	6 CP	26 / 174
7	7/17-7/23	(3.1)	X	6 TR	H or 3 TR	R	13 CP	6 CP	31 / 205
8	7/24-7/30	X	3 CP	7 CP	H or 3 TR	R	14 CP	7 CP	34 / 239
9	7/31-8/06	X	3 CP	7 TR	H or 3 CP	R	10 CP	7 CP	30 / 269
10	8/07-8/13	X	3 CP	8 CP	H or 3 TR	R	15 CP	8 CP	37 / 306
11	8/14-8/20	X	4 CP	8 CP	H or 4 TR	R	12 CP	8 CP	36 / 342
12	8/21-8/27	X	4 CP	8 CP	4 CP	R	(13.1)	8 CP	37 / 379
13	8/28-9/03	X	4 CP	8 TR	T or 4 CP	R	16 CP	8 CP	40 / 419
14	9/04-9/10	X	4 CP	9 CP	T or 4 TR	R	17 CP	9 CP	43 / 462
15	9/11-9/17	X	4 CP	9 TR	T or 4 CP	R	12 CP	9 CP	38 / 500
16	9/18-9/24	X	5 CP	10 CP	T or 5 TR	R	18 CP	10 CP	48 / 548
17	9/25-10/01	X	5 CP	6 CP	T or 5 TR	R	12 CP/(10.6)	6 CP	34 / 582
18	10/02-10/08	X	5 CP	10 CP	T or 5 TR	R	20 CP	10 CP	50 / 632
19	10/09-10/15	X	5 CP	6 CP	T or 5 TR	R	12 CP	6 CP	34 / 666
20	10/16-10/22	X	5 CP	10 TR	T or 5 CP	R	20 CP	10 CP	50 / 716
21	10/23-10/29	X	5 CP	8 CP	5 CP	R	* 12 CP	6 CP	36 / 752
22	10/30-11/05	X	4 CP	6 CP	4 CP	R	* 8 CP	6 CP	28 / 780
23	11/06-11/12	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 815

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
0	5/29-6/04	X	3 CP	5 CP	3 CP	R	5 CP	7 CP	23 / 23
1	6/05-6/11	X	3 CP	5 CP	3 CP	R	5 CP	8 CP	24 / 47
2	6/12-6/18	X	3 CP	5 CP	3 CP	R	5 CP	9 CP	25 / 72
3	6/19-6/25	X	3 CP	5 CP	3 CP	R	5 CP	7 CP	23 / 95
4	6/26-7/02	X	3 CP	5 CP	H or 3 TR	R	5 CP	10 CP	26 / 121
5	7/03-7/09	(3.1)	X	5 TR	H or 3 TR	R	5 CP	11 CP	27 / 148
6	7/10-7/16	(3.1)	X	6 CP	H or 3 CP	R	6 CP	8 CP	26 / 174
7	7/17-7/23	(3.1)	X	6 TR	H or 3 TR	R	6 CP	13 CP	31 / 205
8	7/24-7/30	X	3 CP	7 CP	H or 3 TR	R	7 CP	14 CP	34 / 239
9	7/31-8/06	X	3 CP	7 TR	H or 3 CP	R	7 CP	10 CP	30 / 269
10	8/07-8/13	X	3 CP	8 CP	H or 3 TR	R	8 CP	15 CP	37 / 306
11	8/14-8/20	X	4 CP	8 CP	H or 4 TR	R	8 CP	12 CP	36 / 342
12	8/21-8/27	X	4 CP	8 CP	4 CP	R	8 CP/(13.1)	13.1	37 / 379
13	8/28-9/03	X	4 CP	8 TR	T or 4 CP	R	8 CP	16 CP	40 / 419
14	9/04-9/10	X	4 CP	9 CP	T or 4 TR	R	9 CP	17 CP	43 / 462
15	9/11-9/17	X	4 CP	9 TR	T or 4 CP	R	9 CP	12 CP	38 / 500
16	9/18-9/24	X	5 CP	10 CP	T or 5 TR	R	10 CP	18 CP	48 / 548
17	9/25-10/01	X	5 CP	6 CP	T or 5 TR	R	6 CP/(10.6)	12 CP/6 CP	34 / 582
18	10/02-10/08	X	5 CP	10 CP	T or 5 TR	R	10 CP	18 CP	50 / 632
19	10/09-10/15	X	5 CP	6 CP	T or 5 TR	R	6 CP	12 CP	34 / 666
20	10/16-10/22	X	5 CP	10 TR	T or 5 CP	R	10 CP	20 CP	50 / 716
21	10/23-10/29	X	5 CP	8 CP	5 CP	R	6 CP	*12 CP	36 / 752
22	10/30-11/05	X	4 CP	6 CP	4 CP	R	6 CP	*8 CP	28 / 780
23	11/06-11/12	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 815

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	5/29-6/04	R	3 CP	5 CP	3 CP	R	7 CP	X	23 / 23
1	6/05-6/11	R	3 CP	5 CP	3 CP	R	8 CP	X	19 / 42
2	6/12-6/18	R	3 CP	5 CP	3 CP	R	9 CP	X	20 / 62
3	6/19-6/25	R	3 CP	5 CP	3 CP	R	7 CP	X	18 / 80
4	6/26-7/02	R	3 CP	5 CP	H or 3 TR	R	10 CP	X	21 / 101
5	7/03-7/09	(3.1)	X	5 TR	H or 3 TR	R	11 CP	X	22 / 123
6	7/10-7/16	(3.1)	X	6 CP	H or 3 CP	R	8 CP	X	20 / 143
7	7/17-7/23	(3.1)	X	6 TR	H or 3 TR	R	13 CP	X	25 / 168
8	7/24-7/30	R	3 CP	7 CP	H or 3 TR	R	14 CP	X	27 / 195
9	7/31-8/06	R	3 CP	7 TR	H or 3 CP	R	10 CP	X	23 / 218
10	8/07-8/13	R	3 CP	8 CP	H or 3 TR	R	15 CP	X	29 / 247
11	8/14-8/20	R	4 CP	8 CP	H or 4 TR	R	12 CP	X	28 / 275
12	8/21-8/27	R	4 CP	8 CP	4 CP	R	(13.1)	X	29 / 304
13	8/28-9/03	R	4 CP	8 TR	T or 4 CP	R	16 CP	X	32 / 336
14	9/04-9/10	R	4 CP	9 CP	T or 4 TR	R	17 CP	X	34 / 370
15	9/11-9/17	R	4 CP	9 TR	T or 4 CP	R	12 CP	X	29 / 399
16	9/18-9/24	R	5 CP	10 CP	T or 5 TR	R	18 CP	X	38 / 437
17	9/25-10/01	R	5 CP	6 CP	T or 5 TR	R	12 CP/(10.6)	X	28 / 465
18	10/02-10/08	R	5 CP	10 CP	T or 5 TR	R	20 CP	X	40 / 505
19	10/09-10/15	R	5 CP	6 CP	T or 5 TR	R	12 CP	X	28 / 533
20	10/16-10/22	R	5 CP	10 TR	T or 5 CP	R	20 CP	X	40 / 573
21	10/23-10/29	R	5 CP	8CP	5 CP	R	* 12 CP	X	30 / 603
22	10/30-11/05	R	4 CP	6 CP	4 CP	R	* 8 CP	X	22 / 625
23	11/06-11/12	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 660

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	Totals
1	5/29-6/04	R	3 CP	5 CP	3 CP	R	X	7 CP	23 / 23
1	6/05-6/11	R	3 CP	5 CP	3 CP	R	X	8 CP	19 / 42
2	6/12-6/18	R	3 CP	5 CP	3 CP	R	X	9 CP	20 / 62
3	6/19-6/25	R	3 CP	5 CP	3 CP	R	X	7 CP	18 / 80
4	6/26-7/02	R	3 CP	5 CP	H or 3 TR	R	X	10 CP	21 / 101
5	7/03-7/09	(3.1)	X	5 TR	H or 3 TR	R	X	11 CP	22 / 123
6	7/10-7/16	(3.1)	X	6 CP	H or 3 CP	R	X	8 CP	20 / 143
7	7/17-7/23	(3.1)	X	6 TR	H or 3 TR	R	X	13 CP	25 / 168
8	7/24-7/30	R	3 CP	7 CP	H or 3 TR	R	X	14 CP	27 / 195
9	7/31-8/06	R	3 CP	7 TR	H or 3 CP	R	X	10 CP	23 / 218
10	8/07-8/13	R	3 CP	8 CP	H or 3 TR	R	X	15 CP	29 / 247
11	8/14-8/20	R	4 CP	8 CP	H or 4 TR	R	X	12 CP	28 / 275
12	8/21-8/27	R	4 CP	8 CP	4 CP	R	(13.1)/X	X/13.1	29 / 304
13	8/28-9/03	R	4 CP	8 TR	T or 4 CP	R	X	16 CP	32 / 336
14	9/04-9/10	R	4 CP	9 CP	T or 4 TR	R	X	17 CP	34 / 370
15	9/11-9/17	R	4 CP	9 TR	T or 4 CP	R	X	12 CP	29 / 399
16	9/18-9/24	R	5 CP	10 CP	T or 5 TR	R	X	18 CP	38 / 437
17	9/25-10/01	R	5 CP	6 CP	T or 5 TR	R	X/(10.6)	12 CP/X	28 / 465
18	10/02-10/08	R	5 CP	10 CP	T or 5 TR	R	X	20 CP	40 / 505
19	10/09-10/15	R	5 CP	6 CP	T or 5 TR	R	X	12 CP	28 / 533
20	10/16-10/22	R	5 CP	10 TR	T or 5 CP	R	X	20 CP	40 / 573
21	10/23-10/29	R	5 CP	8CP	5 CP	R	X	* 12 CP	30 / 603
22	10/30-11/05	R	4 CP	6 CP	4 CP	R	X	* 8 CP	22 / 625
23	11/06-11/12	3 CP	R	4 CP	R	2 CP	26.2	R	35 / 660

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