

Day	Pre workout	Workout	Post workout
Monday	drills and dynamics	20-30 minute varied pace run	Abs
Tuesday	drills and dynamics	tempo (4x800) do at <b>5k</b> pace, 3 min recoverys +warmup/cooldown	Strength
Wednesday		30-35 minutes easy run	Yoga
Thursday	drills and dynamics	2x300 (80% effort- <b>fast but not all out!</b> ) with 200m jog recovery, 20-30 minute run, 2x300 @ 80%	Strength
Friday		easy 15 minutes	Yoga
Saturday		Hill running of your choice, 25-40 minutes	Strength
Sunday		rest or easy long run (4-6 mile)	
Monday	drills and dynamics	30-40 minute varied pace run, finish with 4x flying 150's	Abs
Tuesday	drills and dynamics	400-600-400-200 at <b>goal pace for mile</b> with 200 recovery after each, 3 mile run at steady pace	Strength
Wednesday		3-4 miles relaxed pace	Yoga
Thursday	drills and dynamics	progression tempo (1000-800-600-400-200) start slower, finish faster	Strength
Friday		15-20 minutes easy	Yoga
Saturday	drills and dynamics	Hill run of your choice (30-40 minutes)	Strength
Sunday		rest	
Monday	drills and dynamics	35-40 minute varied pace run, finish with 5x30m flying sprint	Abs
Tuesday	drills and dynamics	tempo 4x1000 at 5k pace	Strength
Wednesday		20-30 minute easy run	Yoga
Thursday	drills and dynamics	4x400 (80% effort) with 400m jog recovery, 20 minute run	Strength
Friday		15-20 minutes easy	Yoga
Saturday	drills and dynamics	rest or easy 30-40 minutes	Strength
Sunday		rest or easy long run (50-60 minutes)	
Notes			

1. Try to run everyday, but take a day off every couple of weeks as your legs need
2. Repeat this cycle every 3 weeks (you can rearrange days if needed)
3. **For the first cycle go a little easier to give your body a chance to adapt to the training, cut the amount and/or the effort back some.** You can pick it up and increase effort in the 3rd and 4th cycle of the program.
4. **focus on form, don't beat your legs up.**
5. **If legs are feeling beatup you can substitute a 20 minute easy run, or back the effort off to an easier pace and concentrate on form**

Day	Pre workout	Workout	Post workout
Monday	drills and dynamics	35-45 minute varied pace run, finish with 10x50m flying sprint	Abs
Tuesday	drills and dynamics	tempo (4x1000 or 5x800 or 3x1200) do at <b>5k</b> pace, 2 min recoverys +warmup/cooldown	Strength
Wednesday		40-50 minutes easy run	Yoga
Thursday	drills and dynamics	3x400 (80% effort- <b>fast but not all out!</b> ) with 200m jog recovery, 20-30 minute run, 3x400 @ 80%	Strength
Friday		easy 15-20 minutes	Yoga
Saturday		Hill running of your choice, 30-50 minutes	Strength
Sunday		rest or easy long run (7-10 mile)	
Monday	drills and dynamics	40-45 minute varied pace run, finish with 4x flying 150's	Abs
Tuesday	drills and dynamics	400-600-400-200 at <b>goal pace for mile</b> with 200 recovery after each, 4 mile run at steady pace	Strength
Wednesday		3-6 miles relaxed pace	Yoga
Thursday	drills and dynamics	progression tempo (4 x 1000 or 5x800) (start with comfortable pace, finish with fast pace) 2-3 min recoverys +warmup/cooldown	Strength
Friday		15-20 minutes easy	Yoga
Saturday	drills and dynamics	Hill run of your choice (30-50 minutes)	Strength
Sunday		rest or easy long run (5-8 mile)	
Monday	drills and dynamics	35-40 minute varied pace run, finish with 5x30m flying sprint	Abs
Tuesday	drills and dynamics	tempo ladder 1200-1000-800-600-400-200-100	Strength
Wednesday		20-30 minute easy run	Yoga
Thursday	drills and dynamics	4x500 (80% effort) with 400m jog recovery, 20 minute run	Strength
Friday		15-20 minutes easy	Yoga
Saturday	drills and dynamics	rest or easy 30-40 minutes	Strength
Sunday		rest or easy long run (1 hour+)	
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Day	Pre workout	Workout	Post workout
Monday	drills and dynamics	35-45 minute varied pace run, finish with 10x50m flying sprint	Abs
Tuesday	drills and dynamics	tempo (3x1 mile or 5 x 1000 or 6x800) do at <b>5k</b> pace, 2 min recoverys +warmup/cooldown	Strength
Wednesday		40-50 minutes easy run	Yoga
Thursday	drills and dynamics	3x400 (80% effort- <b>fast but not all out!</b> ) with 200m jog recovery, 20-30 minute run, 3x400 @ 80%	Strength
Friday		easy 15-20 minutes	Yoga
Saturday		Hill running of your choice, 30-60 minutes	Strength
Sunday		rest or easy long run (7-10 mile)	
Monday	drills and dynamics	40-45 minute varied pace run, finish with 4x flying 150's	Abs
Tuesday	drills and dynamics	400-600-400-200 at <b>goal pace for mile</b> with 200 recovery after each, 4 mile run at steady pace	Strength
Wednesday		5-8 miles relaxed pace	Yoga
Thursday	drills and dynamics	progression tempo (3x1 mile or 5 x 1000 or 6x800) start with comfortable pace, finish with fast pace) 2-3 min recoverys +warmup/cooldown	Strength
Friday		15-20 minutes easy	Yoga
Saturday	drills and dynamics	Hill run of your choice (30-60 minutes)	Strength
Sunday		rest or easy long run (8-10 mile)	
Monday	drills and dynamics	35-45 minute varied pace run, finish with 5x30m flying sprint	Abs
Tuesday	drills and dynamics	tempo (3x1 mile or 5 x 1000 or 6x800) do 5k pace, 2 min recoverys +warmup/cooldown	Strength
Wednesday		20-30 minute easy run	Yoga
Thursday	drills and dynamics	5x600 (80% effort) with 400m jog recovery, 20 minute run	Strength
Friday		15-20 minutes easy	Yoga
Saturday	drills and dynamics	rest or easy 30-40 minutes	Strength
Sunday		rest or easy long run (1 hour+)	
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