

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 1, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
COOL DOWN (JOG)	5:00	
	45:00	

WORKOUT SUMMARY:

5:00 warm up
 [0:30 speed run, 4:30 run] x 7
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 1, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
COOL DOWN (JOG)	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
 [0:30 speed run, 4:30 run] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 1, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
SPEED RUN PACE	0:30	
EASY RUN/TEMPO RUN PACE	4:30	
COOL DOWN (JOG)	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
 [0:30 speed run, 4:30 run] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 2, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
COOL DOWN (JOG)	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:00 speed run, 4:00 run] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 2, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
COOL DOWN (JOG)	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:00 speed run, 4:00 run] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 2, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
SPEED RUN PACE	1:00	
EASY RUN/TEMPO RUN PACE	4:00	
COOL DOWN (JOG)	5:00	
	50:00	

WORKOUT SUMMARY:
 5:00 warm up
 [1:00 speed run, 4:00 run] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 3, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:30 speed run, 3:30 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 3, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
COOL DOWN (JOG)	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:30 speed run, 3:30 run] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 3, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
SPEED RUN PACE	1:30	
EASY RUN/TEMPO RUN PACE	3:30	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:30 speed run, 3:30 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 4, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
COOL DOWN (JOG)	5:00	
	01:05:00	

WORKOUT SUMMARY:

5:00 warm up
 [2:00 speed run, 3:00 run] x 11
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 4, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
COOL DOWN (JOG)	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
 [2:00 speed run, 3:00 run] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 4, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
SPEED RUN PACE	2:00	
EASY RUN/TEMPO RUN PACE	3:00	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
 [2:00 speed run, 3:00 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 5, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
 [2:30 speed run, 2:30 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 5, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
SPEED RUN PACE	2:30	
EASY RUN/TEMPO RUN PACE	2:30	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
 [2:30 speed run, 2:30 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 6, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	3:00	
EASY RUN/TEMPO RUN PACE	2:00	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
 [3:00 speed run, 2:00 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 7, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
COOL DOWN (JOG)	5:00	
	01:10:00	

WORKOUT SUMMARY:

5:00 warm up
 [4:00 speed run, 2:00 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 7, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
COOL DOWN (JOG)	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
 [4:00 speed run, 2:00 run] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 7, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	4:00	
EASY RUN/TEMPO RUN PACE	2:00	
COOL DOWN (JOG)	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
 [4:00 speed run, 2:00 run] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 8, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
COOL DOWN (JOG)	5:00	
	01:10:00	

WORKOUT SUMMARY:

5:00 warm up
 [5:00 speed run, 1:00 run] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 8, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
COOL DOWN (JOG)	5:00	
	58:00	

WORKOUT SUMMARY:

5:00 warm up
 [5:00 speed run, 1:00 run] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 8, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	5:00	
EASY RUN/TEMPO RUN PACE	1:00	
COOL DOWN (JOG)	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
 [5:00 speed run, 1:00 run] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 9, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
COOL DOWN (JOG)	5:00	
	01:13:00	

WORKOUT SUMMARY:

5:00 warm up
 [7:00 speed run, 2:00 run] x 7
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 9, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	7:00	
EASY RUN/TEMPO RUN PACE	2:00	
COOL DOWN (JOG)	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
 [7:00 speed run, 2:00 run] x 6
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 9, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	8:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	8:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	8:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	8:00	
EASY RUN/TEMPO RUN PACE	2:00	
SPEED RUN PACE	8:00	
EASY RUN/TEMPO RUN PACE	2:00	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
[8:00 speed run, 2:00 run] x 5
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 10, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	10:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	10:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	10:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	10:00	
EASY RUN/TEMPO RUN PACE	1:00	
COOL DOWN (JOG)	5:00	
	54:00	

WORKOUT SUMMARY:

5:00 warm up
 [10:00 speed run, 1:00 run] x 4
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 10, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	20:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	20:00	
COOL DOWN (JOG)	5:00	
	51:00	

WORKOUT SUMMARY:

5:00 warm up
20:00 speed run
1:00 run
20:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 10, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	22:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	22:00	
COOL DOWN (JOG)	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
22:00 speed run
1:00 run
22:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 11, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	25:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	25:00	
COOL DOWN (JOG)	5:00	
	01:01:00	

WORKOUT SUMMARY:

5:00 warm up
25:00 speed run
1:00 run
25:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 11, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	30:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	25:00	
COOL DOWN (JOG)	5:00	
	01:06:00	

WORKOUT SUMMARY:

5:00 warm up
30:00 speed run
1:00 run
25:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 11, DAY 3

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	40:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	10:00	
COOL DOWN (JOG)	5:00	
	01:01:00	

WORKOUT SUMMARY:

5:00 warm up
40:00 speed run
1:00 run
10:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 12, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	45:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	20:00	
COOL DOWN (JOG)	5:00	
	01:16:00	

WORKOUT SUMMARY:

5:00 warm up
45:00 speed run
1:00 run
20:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 12, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	50:00	
EASY RUN/TEMPO RUN PACE	1:00	
SPEED RUN PACE	15:00	
COOL DOWN (JOG)	5:00	
	01:16:00	

WORKOUT SUMMARY:

5:00 warm up
50:00 speed run
1:00 run
15:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 12, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	45:00	
COOL DOWN (JOG)	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
45:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 13, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	50:00	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
50:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 13, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
SPEED RUN PACE	40:00	
COOL DOWN (JOG)	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
40:00 speed run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 13, DAY 3

GOAL	TIME	SPEED
10k RACE or TIME TEST		

WORKOUT SUMMARY:

CONGRATULATIONS!

TODAY IS RACE DAY!

If you don't have a race today, go out and run a 10k route for speed. Push, push, push to get a PR!