

TRAINING BLOCK 2

WEEKS 6-8

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

Off day or easy cross training @ 60-70% of max HR (heart rate)

TUESDAY

1-2 miles (2-3km),
5min active stretching

4-5 sets
{400 meters @ 5k pace (93-95% max HR), 1 minute rest,
1200 meters @ 15k - HM pace (85-90% max HR)}.
Take a 400-meter jog (or 3 minutes rest) between sets

1-2 miles (2-3km),
5min stretching

WEDNESDAY

Easy run or cross training @ 60-70% of max HR (heart rate)
30-50 minutes or off day

THURSDAY

Moderate pace run or cross training @ 75% of max HR (heart rate)
30-50 minutes

FRIDAY

1-2 miles (2-3km),
5min active stretching

4-6 x 100-meter sprints @ 90-95% effort w/ 30-45 seconds rest,
then 3 minutes rest, 4-6 miles (6-10k) tempo run @ half marathon
pace (85% of max HR)
**Keep the pace as even as possible from start to finish*

1-2 miles (2-3km),
5min stretching

SATURDAY

Easy run or cross training @ 65-70% of max HR (heart rate)
30-50 minutes

SUNDAY

Long run: 8 to 11 miles. Run the first 3-4 miles @ 70% of max HR,
then increase the pace every 2-3 miles by 10-15 seconds per mile
up to a max of 80% max HR

10min stretching