

TRAINING BLOCK 3

WEEKS 9-11

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

6-8 x (600 meters @ 10k pace, 200 meters @ HM pace, 200 meters @ 5k pace). Take a 200-meter walk-jog between sets (approximately 2-2:30 minutes)

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

WEDNESDAY

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

THURSDAY

Moderate pace run or cross training @ 75-80% of max HR - 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, 5-7 miles (8-12k) tempo run @ half marathon pace to 15k pace (85-88% of max HR)

**Keep the pace as even as possible until the last 1 mile (2k) then increase to top end of effort range*

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: 10 to 13 miles. Run the first 4 miles @ 70-75% of max HR, then increase the pace every 2-3 miles by 10 seconds per mile up to marathon pace (approximately 80% of max HR)

10-15 min stretching