

THE INTRODUCTION PHASE

WEEKS 1-2

WARM UP

WORKOUT DESCRIPTION

COOL DOWN

MONDAY

5min active stretching

Easy run @ 60-65% of max HR (heart rate) - 20-30 minutes

5min stretching

TUESDAY

5min active stretching

Easy run or cross training @ 60-65% of max HR (heart rate)
20-30 minutes or off day

5min stretching

WEDNESDAY

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

6-8 x 100-meter hill sprint w/ jog-walk back down to start for recovery, 3-4min rest or jog to flat terrain,
6-8 x 400 meters @ half marathon to 10k pace (or 85-90% of max HR) w/ 60-75 sec rest,
**For Week 2 increase to 10-12 reps for the 400-meter intervals*

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

THURSDAY

Off Day

FRIDAY

5min active stretching

Easy run @ 60-65% of max HR (heart rate) - 30-40 minutes

5min stretching

SATURDAY

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,
2-4 miles (3-6k) tempo run @ marathon pace (80% of max HR)
**For Week 2 Increase the tempo run to 3-5 miles (5-8k) total*

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

SUNDAY

Off Day

**Select overall running volume based on your current running fitness.*

When in doubt, err on the shorter side of things and look to increase overall mileage by a few miles each week throughout the program