

**Basic 2-week training cycle
For running success 5K – Marathon**

- This is vastly oversimplified; If you are experienced you'll know you need to tweak this...but it's written to keep it simple for those who need a plan. If you're used to just running regularly at the same intensity, it will bring you much improved results!
- Progress steadily up to the ideal workload shown, then maintain for at least six weeks prior to the two-week pre-race "taper". So, if you are already quite fit and can jump right in, it's an 8-week plan.
- Alternate "A" and "B" weeks, using a watch and car odometer, and standardizing your courses so as to log improvement. Try to run track or hill repetitions hard, yet as evenly-paced as possible; this will provide your best average times and most productive workouts.
- Do back-to-back workout days and rest days as shown! That's a big part of what makes this work.
- Do light running before track or hill workouts until your heart rate is up and you break a sweat. Do static stretching of major muscle groups after your workout.

BASIC SCHEDULE

"A" WEEK						
longest	track - fast	---	med tempo	hard hills	---	---
"B" WEEK						
long	track – long	---	hard tempo	medium hills	---	---
"A" TAPER WEEK						
long	track – fast	---	med tempo	medium hills	---	---
"B" TAPER WEEK						
long	med tempo	---	track – med	---	---	race day

DEFINITIONS

"T"

Estimated realistic target completion time of your race.

"longest" and "long"

Relaxed runs; start slowly and work up to a pace comfortable until the last 10%.

"track" (note: most running tracks are 400 meters around)

Fast reps with rest intervals: Do # of reps, distance (meters), and recovery time indicated. (On the one "track – med" day run the fewer # of reps at the pace you run for "track – long.")

"tempo"

Ease into the run using one-third of the time (or 12 minutes, whichever is less); then run the remaining time at an intensity close to race pace (for that distance). Faster than the "long" run!

"hills"

Find a good uphill grade that climbs around 50-100 ft. vertically (for T=30 min. or less), 100 ft. – 300 ft. (for T=30-90 min.), 300-500 ft. (for T=90 min. or greater). Jog/walk back down so as to get a recovery time between 100-150% of the run-up time.

DURATIONS & REPETITIONS

Find your "T" on the following table, and highlight the horizontal row across. Those are your ideal guidelines. Remember, first work up to this volume, and *then* start logging your improvements in distance covered or repetition times for at least a six-week period.

DURATIONS & REPETITIONS table

T (time)	longest (time)	long (time)	track fast (#, dist, recovery)	track long (#, dist, recovery)	med tempo (time)	hard tempo (time)	med hills (#, time)	hard hills (#, time)	track med (#, dist, rec.)
15	49	37:30	12x300 1:30	7x1000 2:00	15	26:50	7x 1:30-2:00	9x 1:30-2:00	4x1000 1:30
20	52	40	12x300 1:30	7x1000 2:00	16:40	28:30	7x 1:30-2:00	9x 1:30-2:00	4x1000 1:30
25	55	42:30	12x300 1:30	7x1000 2:00	18:20	30:20	7x 1:30-2:00	9x 1:30-2:00	4x1000 1:30
30	58	45	12x300 1:30	7x1000 2:00	20	32:10	7x 1:30-2:00	9x 1:30-2:00	4x1000 1:30
35	1:01	47:30	10x400 2:00	6x1600 3:00	21:40	34:00	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
40	1:04	50	10x400 2:00	6x1600 3:00	23:20	35:40	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
45	1:07	52:30	10x400 2:00	6x1600 3:00	25	37:30	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
50	1:10	55	10x400 2:00	6x1600 3:00	26:40	39:20	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
55	1:13	57:30	10x400 2:00	6x1600 3:00	28:20	41:00	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
1:00	1:16	1:00	10x400 2:00	6x1600 3:00	30	42:50	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
1:10	1:22	1:05	10x400 2:00	6x1600 3:00	33:20	46:30	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
1:20	1:28	1:10	10x400 2:00	6x1600 3:00	36:40	50:00	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
1:30	1:34	1:15	10x400 2:00	6x1600 3:00	40	53:30	5x 3:00-5:00	7x 3:00-5:00	4x1600 2:30
1:40	1:40	1:20	8x600 2:30	5x2400 4:00	43:20	57:10	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
1:50	1:46	1:25	8x600 2:30	5x2400 4:00	46:40	1:00:40	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
2:00	1:52	1:30	8x600 2:30	5x2400 4:00	50	1:04:20	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
2:20	2:04	1:40	8x600 2:30	5x2400 4:00	56:40	1:11:30	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
2:40	2:16	1:50	8x600 2:30	5x2400 4:00	1:03:20	1:18:30	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
3:00	2:28	2:00	8x600 2:30	5x2400 4:00	1:10	1:25:40	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
3:20	2:40	2:10	8x600 2:30	5x2400 4:00	1:16:40	1:32:50	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
3:40	2:52	2:20	8x600 2:30	5x2400 4:00	1:23:20	1:40	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
4:00	3:04	2:30	8x600 2:30	5x2400 4:00	1:30	1:47:10	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00
4:20	3:16	2:40	8x600 2:30	5x2400 4:00	1:36:20	1:54:20	3x 7:00-10:00	5x 7:00-10:00	3x2400 3:00