

Resolution Run 5k "Competitive"							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nov 30th-Dec 6th (24-32 miles)	Rest or XT: XT 45 min. or less	4-6 miles: Tempo Run With 2-3 miles @ 10k-15K race pace	6-8 miles: Mid Week Distance Run Aerobic pace w/ strides at end	4-6 miles: Track Workout 2x1200 @ 5k pace w/100 jog & walk recovery 4x200 @ mile pace w/ 100 jog & walk recovery	DAY OFF/ REST	3-4 miles: Aerobic Run Aerobic pace w/ strides at end	7-8 miles: Long Run Run and an aerobic pace that is comfortably challenging
December 7th-13th (25-33 miles)	Rest or XT: XT 45 min. or less	4-6 miles: Tempo Run With 2-3 miles @ 10k-15K race pace	6-8 miles: Mid Week Distance Run Aerobic run with strides at the end	4-6 miles: Track Workout 2x800 @ 5k pace w/100 jog & walk recovery 4x400 @ mile pace w/ 200 jog & walk recovery	DAY OFF/ REST	3-4 miles: Aerobic Run Aerobic pace w/ strides at end	8-9 miles: Long Run Run and an aerobic pace that is comfortably challenging
December 14th- 20th (26-34 miles)	Rest or XT: XT 45 min. or less	4-6 miles: Tempo Run With 2-3 miles @ 10k-15K race pace	6-8 miles: Mid Week Distance Run Aerobic run with strides at the end	4-6 miles: Track Workout 5x400 @ mile pace w/ 200 jog & walk recovery 6x200 @ 1/2 mile pace w/100 jog & walk recovery	DAY OFF/ REST	3-4 miles: Aerobic Run Aerobic pace w/ strides at end	9-10 miles: Long Run Run and an aerobic pace that is comfortably challenging
December 21st- 27th (27-35 miles)	Rest or XT: XT 45 min. or less	4-6 miles: Tempo Run With 2-3 miles @ 10k-15K race pace	6-8 miles: Mid Week Distance Run Aerobic run with strides at the end	4-6 miles: Track Workout 2x800 @ mile pace w/ 400 jog & walk recovery 6x200 @ 1/2 mile pace w/100 jog & walk recovery	DAY OFF/ REST	3-4 miles: Aerobic Run Aerobic pace w/ strides at end	10-11 miles: Long Run Run and an aerobic pace that is comfortably challenging
Dec 28th- Jan 1st (9-11 miles)	Rest or XT: XT 45 min. or less	4-5 miles: Track Workout 4x800 @ 5K pace w/ 400 jog recovery	Rest or XT: XT 45 min. or less	2-3 miles: Easy w/ strides at end	Race Day	Rest or XT: XT 45 min. or less	3-5 miles: Easy Run Run how you feel.

This schedule is designed for runners who have been running 20+ miles per week with the occasional faster run or workout.

Strides: On grass or dirt if possible, Run fast for 60 steps. The goal is to complete 60 steps in 19-20 seconds. On the recoveries skip 60 times. (30 skips for each leg). Include walking in recoveries. Recovery between strides should be 45-60 seconds. Six to eight strides per session.

Track Workouts: Warm up 1-2 miles & 6-8 strides, Cool Down 1/2-1.0 miles of easy jog

Tempo Run: First half of run warm up & slowly raise effort to a comfortably challenging pace. Cool Down walk 5-10 minutes

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