

<b>Resolution Run 5k "Recreational"</b>							
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Nov 30th-Dec 6th</b> (11-15 miles)	<b>Rest or XT:</b> XT 45 min. or less	<b>2-3 miles:</b> Aerobic Run Aerobic pace w/ strides at end	<b>3-4 miles:</b> Fartlek Run Fartlek. Run 1/4 mile @ 5k pace, Run 1/4 mile easy. Do 2-3 times	<b>2-3 miles:</b> JGR Just Go Run. Feel good pick up the pace. Feel tired enjoy the run.	<b>DAY OFF/ REST</b>	<b>XT:</b> Cross training Day XT 45 min. or less	<b>4-5 miles:</b> Long Run Run and an aerobic pace that is comfortably challenging
<b>December 7th-13th</b> (12-16 miles)	<b>Rest or XT:</b> XT 45 min. or less	<b>2-3 miles:</b> Aerobic Run Aerobic pace w/ strides at end	<b>3-4 miles:</b> Fartlek Run Fartlek. Run 1/4 mile @ 5k pace, Run 1/4 mile easy. Do 2-3 times	<b>2-3 miles:</b> JGR Just Go Run. Feel good pick up the pace. Feel tired enjoy the run.	<b>DAY OFF/ REST</b>	<b>XT:</b> Crosstraining Day XT 45 min. or less	<b>5-6 miles:</b> Long Run Run and an aerobic pace that is comfortably challenging
<b>December 14th- 20th</b> (14-18 miles)	<b>Rest or XT:</b> XT 45 min. or less	<b>2-3 miles:</b> Aerobic Run Aerobic pace w/ strides at end	<b>4-5 miles:</b> Fartlek Run Fartlek. Run 1/2 mile @ 5k pace, Run 1/4 mile easy. Do 2-3 times	<b>2-3 miles:</b> JGR Just Go Run. Feel good pick up the pace. Feel tired enjoy the run.	<b>DAY OFF/ REST</b>	<b>XT:</b> Crosstraining Day XT 45 min. or less	<b>6-7 miles:</b> Long Run Run and an aerobic pace that is comfortably challenging
<b>December 21st- 27th</b> (15-19 miles)	<b>Rest or XT:</b> XT 45 min. or less	<b>2-3 miles:</b> Aerobic Run Aerobic pace w/ strides at end	<b>4-5 miles:</b> Fartlek Run Fartlek. Run 1/2 mile @ 5k pace, Run 1/4 mile easy. Do 2-3 times	<b>2-3 miles:</b> JGR Just Go Run. Feel good pick up the pace. Feel tired enjoy the run.	<b>DAY OFF/ REST</b>	<b>XT:</b> Cross training Day XT 45 min. or less	<b>7-8 miles:</b> Long Run Run and an aerobic pace that is comfortably challenging
<b>Dec 28th- Jan 1st</b> (10-14 miles)	<b>Rest or XT:</b> XT 45 min. or less	<b>2-3 miles:</b> Aerobic Run Aerobic pace w/ strides at end	<b>Rest or XT:</b> XT 45 min. or less	<b>2-3 miles:</b> JGR Just Go Run. Feel good pick up the	<b>Race Day</b>	<b>Rest or XT:</b> XT 45 min. or less	<b>3-5 miles:</b> Easy Run Run how you feel.

This schedule is designed for runners who have been running around 10-15 miles per week and would like to start running some faster workouts.

**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.

**Fartlek Workouts:** Warm up 1-2 miles & 6-8 strides, Cool Down with easy jog 1/2 mile

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