

**SPEED:** Best way to improve your pace is to work speed for brief periods in a series of intervals. They can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods.

**ENDURANCE:** Weekly endurance run at a comfortable pace. Essential to training because it lets the muscles and mind adapt to longer distance. Gets us comfortable with the physical and mental challenges we may face on game day.

**RECOVERY:** These days are important. Listen to your body. Take the day off completely if you need to, cross-train if appropriate. Ideally, try to run a few miles on two of these recovery days. These runs should be something you start out slower than recovery pace and progressively build faster.

**TIPS**

- Avoid doing speed and endurance run on back-to-back days.
- 4 recovery days to break up speed and endurance days.
- On these 4 recovery days, do some light running or cross training.

WEEK 1		<i>Think of Monday-Speed, Thursday-Speed, Saturday-Endurance, Tuesday-Cross Train, and Sunday-Recovery Run</i>
WEEK 1	<b>Speed</b>	Track session 2x200m at mile pace, 1x800m at moderate pace (slower than mile), 600m at 5K pace into 200m at mile pace into 400m at 5K pace, rest 90 sec, repeat same sequence, rest 2 min, repeat one more time.
	<b>Recovery Day</b>	Easy 2 mile run.
	<b>Endurance</b>	3 to 4 miles (try to pick a goal pace for the 10K and then stay 60-90 sec. slower pace for this run).
	<b>Recovery Day</b>	Cross training or complete rest day.
	<b>Speed</b>	1 mile at goal 10K pace, rest 3 min, 400m at mile pace, rest 3 min., 800m at 5K pace, rest 3 min. Repeat twice.
WEEK 2		<i>Work on building stamina and proper pacing</i>
WEEK 2	<b>Speed</b>	Work - 2 sets: 400m at 10K goal pace, 2x 400m at 5K pace, 400m at mile pace. Rest 2 min between each rep and each set.
	<b>Endurance</b>	Run 3-4 miles at a pace that is 60 sec. slower than your goal 10K splits.
	<b>Speed</b>	1 mile run at split that is slower than your 10K but faster than an easy jog. Then, 1 min. at mile pace, 30 sec. recovery. 2 min. at mile pace, 1 min. recovery. 3 min. at mile pace, 90 sec. recovery. 2 min. at mile pace, 1 min. recovery. 1 min. mile pace, 30 sec. recovery.
WEEK 3	<b>Speed</b>	800m at 5K pace, 45 sec. recovery, 200m at mile pace, 2 min. recovery, 600m at 5K pace, 45 sec. recovery, 200m at mile pace, 2 min. recovery, 400m at 5K pace, 45 sec. recovery.
	<b>Endurance</b>	5 mile run. Try to be 30 sec. slower splits than your goal 10K.
	<b>Speed</b>	4x1000m at 10K pace. Rest 3 min. between each.
WEEK 4	<b>Speed</b>	300m at mile pace, 45 sec. recovery walk, 400m at 5K pace, 2 min recovery walk, 500m at 5K pace, 2 min. recovery walk, 600m at 10K pace, 2 min recovery walk, 500m at 5K pace, 2 min. walk, 400m at 5K pace, 2 min. recovery walk, 300m at mile pace, 45 sec. recovery walk.
	<b>Recovery Day</b>	Cross training or take day off.
	<b>Endurance</b>	5 mile run with same pace as previous week.
	<b>Recovery Day</b>	3 mile progression run. Start slow and progressively get faster.
WEEK 5	<b>Speed</b>	8x100m stride practice/focus. 4 mile run between 10K pace and recovery pace.
	<b>Speed</b>	Start with a 2 mile time trial at 5K pace. 200m at 10K pace, 200m at 5K pace, 200m at mile pace, 200m at 10K pace, 200m at 5K pace, 200m at mile pace. 10 min. recovery after the 2 mile run. 60 sec. recovery between each 200m interval.
	<b>Recovery Day</b>	5 mile very easy run.
	<b>Endurance</b>	6 miles at roughly 10K pace. The goal is to get more time on your feet.
	<b>Recovery Day</b>	Cross training or completely off.
<b>Speed</b>	Run 5 miles as a progression run. Pace gets faster each mile. The last 2 miles are at a pace between 10K and 5K.	