

New Runner Training Plan

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Long Run	Aerobic Mileage and In-n-Outs	Aerobic Mileage and Hill Work	Aerobic Workout / Threshold Workout / Sub-Lactate Workout	Aerobic Mileage and Strides	Rest or Short Recovery	Rest or Short Recovery
Goal	The long run is arguably the best way to develop the aerobic system by stressing it for a long duration.	Aerobic mileage builds an aerobic base while enhancing running economy. In-n-Outs develop our top end speed.	Hill work builds strength and prepares us for racing on rough terrain.	Aerobic, Lactate Threshold, and Sub-Lactate work push and strengthen our aerobic systems.	Aerobic mileage builds an aerobic base while enhancing running economy. Strides start the process of preparing our legs to run fast.	Recovery prepares us for the next workout.	Recovery prepares us for the next workout.
Notes	~20-25% of weekly mileage	~10% of weekly mileage In-n-Outs: 4x30 meters at near top speed	~15% of weekly mileage taking the hills hard 4-8x200meters @hard pace on hill	The base of the aerobic workout is a mile of warm up, segments of 5 minutes broken between 5k pace and a moderate pace, and a mile of cool down. The base of the lactate threshold workout is 1 mile warm up, 20 minutes @ Lactate Threshold (comfortably hard), and 1 mile of cool down. The base of the sub-lactate workout is a mile of warm up, 2 miles at sub-lactate (10-20 seconds per mile slower than 3 mile), and 1 mile of cool down.	~10% of weekly mileage Strides: 4-8x100meters @800-1600	Running on Saturdays should be discussed with a coach.	Running on Sundays should be discussed with a coach.

