

Returning Runner Training Plan

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout :	Progression Run	Recovery Mileage and Strides	Recovery and Hill Work	Aerobic Workout	Recovery and Flys	Long Run	Rest or Short Recovery
Goal:	The progression run is one of the strongest ways to build a solid aerobic base. It has the additional benefit of race simulation by consistently building pace towards a strong continuous finish.	Recovery mileage builds an aerobic base while enhancing running economy and most importantly leaves us prepared for the next day. Strides start the process of preparing our legs to run fast.	Hill work builds strength and prepares us for racing on rough terrain.	Aerobic workouts push and strengthen our aerobic systems.	Recovery mileage builds an aerobic base while enhancing running economy and most importantly leaves us prepared for the next day. Flys develop our top end speed.	The long run is arguably the best way to develop the aerobic system by stressing it for a long duration.	Recovery prepares us for the next workout.
Notes:	Beginning of summer: ~4-6 miles End of summer: ~8-10 miles The first half of the progression run should be at a moderate pace and the back half at a progressively (but consistently) faster pace finishing at a hard effort.	~10% of weekly mileage Strides: 4-8x100meters @1600 pace	~15% of weekly mileage taking the hills hard 4-8x200meters @hard pace on hill	The base of this workout is 10 minutes of warm up, segments of 5 minutes broken between 3k-5k pace and a moderate pace, and 10 minutes of cool down. Variables: Segment Break Up (Ex: 2min@3k-5k and 3min@moderate) Volume (Ex: 4-6 reps) Pace (Ex: 3k-5k pace)	~10% of weekly mileage Strides: 4x30-60meters @Top Speed	~20-25% of weekly mileage	Running on Sundays should be discussed with a coach.