

Running Program

DATE	Tuesday or Wed.	Wed/Fri	Thursday	Sunday
March 27-April 2	Walk 3 Min/Jog 5 Min	45 min/45 min	8 Mile Tempo Run	5 min walk warm up
	6x800s	Easy	3 Min Walk/1 mile jog	11 Mile Long Run
	Pick Up Pace on Curves		6 Miles@Goal Pace	
	Wlk til recovered btwn		1 Mile Jog	
April 3-9	3 min wlk Cool Down		3 min wlk Cool Down	3 min wlk Cool Down
	Walk 3 Min/Jog 3 Min	50 min/50 min	8 Mile Tempo Run	5 Min walk warm up
	Warm Up	Easy	3 Min Walk/1 mile jog	12 Mile Long Run
	6x400s Wlk between		6 Miles@Goal Pace	
	2x200s Wlk Between		1 Mile Jog	
	w/200 walk between			
	3 min wlk Cool Down		3 min wlk Cool Down	3 min wlk Cool Down
April 10-16	Walk 3 Min/Jog 3 Min	45 min/45 min	7 Mile Tempo Run	5 Min walk warm up
	5x800 Meters	Easy	3 Min Walk/1 mile jog	9 Mile Long Run
	3 min Jog in between		5 Miles@Goal Pace	
			1 Mile Jog	
	3 min wlk Cool Down		3 min wlk Cool Down	3 min wlk Cool Down
April 27-23	Walk 3 Min/Jog 3 Min	40 min/40 min	Walk 3 min	5 Min walk warm up
	3x400s Wlk Between	Easy	4 miles@Marathon Pace	5 Mile Long Run
	2x200s Wlk Between			3 min wlk Cool Down
	3 min wlk Cool Down			
April 24-30	Walk 3 Min	30 min/Rest Friday	4x400 Strides (Not Hard)	Marathon!!!!
	1 Mile Easy	Easy	Walk 1 lap between	
	20 min at Marathon Pace			
	1 mile Cool Down			
Tempo Runs-Are a run where you increase your pace for a period of time.				