



# RACER TRAINING SCHEDULE

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	7 Miles	5 Miles	5 Miles 8 x Strides	10 E (4x) 6F/1E Curise Pace 10 E	5 Miles 8 x Strides	6 Miles	5 Miles 8 x Strides
2	8 Miles	6 Miles	6 Miles 8 x Strides	10 E (3x) 8F/2E Curise Pace 10 E	6 Miles 8 x Strides	6 Miles	6 Miles 8 x Strides
3	10 Miles	6 Miles 8 x Strides	7 Miles	10 E 7F*8F*9F w/2E between 10E	7 Miles 8 x Strides	7 Miles	6 Miles 8 x Strides



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	11 Miles	6 Miles 8 x Strides	15 WU 3 x strides 10x200 w/400 jog Rep Pace 3 x strides 15CD	10 E (2x) 10F/2E Cruise Pace 10E	7 Miles	7 Miles 8 x Strides	10E (6x)1F/5E Rep Pace 10E
5	10 Miles	7 Miles 8 x Strides	15 WU 3 x strides 6x400 w/600 jog Rep Pace 3 x strides 15CD	15 E (3x) 7F/2E Cruise Pace 10E	7 Miles	6 Miles 6 x Strides	10 E (9x):30F every 4:00 10 E
6	13 Miles	7 Miles 8 x Strides	15 WU 3 x strides 8x300 w/500 jog Rep Pace 3 x strides 15CD	15 E (4x) 5F/1E Cruise Pace 15E	6 Miles	6 Miles 6 x Strides	Double Sessions 6 miles 6 miles (both runs brisk to hard pace)



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	12 Miles	7 Miles 6x Strides	15 WU 3 x strides 6x1000 w/400 jog Interval Pace 3 x strides 15CD	15 E 20 Brisk Cruise Pace 10 E	6 Miles	6 Miles 6 x Strides	15 E (3x) 4F/2E (3x) 2F/2E Cruise Pace 10E
8	15 Miles	6 Miles 6x Strides	15 WU 3 x strides 5x1200 w/400 jog Interval Pace 3 x strides 15CD	15 E 15 Brisk Cruise Pace 10 E	7 Miles	6 Miles 6 x Strides	15 E (3x) 3F/3E (3x) 2F/1E Interval Pace 10E
9	11 Miles	7 Miles 6x Strides	15 WU 3 x strides 4x1600 w/400 jog Interval Pace 3 x strides 15CD	15 E (5x) 4F/1E Cruise Pace 10E	7 Miles	15 E (5x) 5F/1E Cruise Pace 15 E	7 Miles



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	13 Miles	7 Miles 6x Strides	15 WU 3 x strides 5x1600 w/200 jog Cruise Pace 3 x strides 15CD	7 Miles 6x Strides	7 Miles	5 Miles 6x Strides	Double Sessions 7 miles 7 miles (both runs brisk to hard pace)
11	9 Miles	6 Miles 6x Strides	10 WU 3 x strides 5x1200 w/200 jog Cruise Pace 3 x strides 10CD	6 Miles 6x Strides	6 Miles	15 E 30 Brisk Cruise Pace 15 E	7 Miles
12	10 Miles	6 Miles 6x Strides	10 WU 3 x strides 6x1000 w/200 jog (5 at Cruise Pace, Last one at Interval Pace) 3 x strides 10CD	6 Miles	5 Miles 6x Strides	Race Day	Race Day