

Chevron Full

Weeks To Go	Week Ending Saturday	Speed Workout	Tempo Workout	Long Run
27	9-Jul			5
26	16-Jul	4 miles with Fartleks	Easy 5 mile run	5
25	23-Jul	5 miles with Fartleks	Easy 5 mile run	6
24	30-Jul	5 miles with Fartleks	Easy 5 mile run	6
23	6-Aug	8*200m with 200m RI	Easy 5 mile run	6
22	13-Aug	10*200m with 200m RI	Easy 5 mile run	6
21	20-Aug	12*200m with 200m RI	Easy 6 mile run	7
20	27-Aug	Easy 6 mile run	Easy 6 mile run	8
19	3-Sep	1/4 mile intervals: 8 x 400	base-tempo: 1 + 1 + 1	9
18	10-Sep	1/4 mile intervals: 10 x 400	goal-tempo: 1 + 1 + 1	9
17	17-Sep	1/4 mile intervals: 12 x 400	stretch-tempo: 1 + 1 + 1	10
16	24-Sep	Easy 6 mile run	Easy 6 mile run	10
15	1-Oct	1/2 mile intervals: 6 x 800	base-tempo: 1.5 + 1.5 + 1.5	6
14	8-Oct	1/2 mile intervals: 8 x 800	goal-tempo: 1.5 + 1.5 + 1.5 stretch-tempo: 1.5 + 1.5 +	8
13	15-Oct	1/2 mile intervals: 10 x 800	1.5	10
12	22-Oct	Easy 6 mile run	Easy 6 mile run	12
11	29-Oct	3/4 mile intervals: 4 x 1200	base-tempo: 2 + 2	14
10	5-Nov	3/4 mile intervals: 5 x 1200	goal-tempo: 2 + 2	16
9	12-Nov	3/4 mile intervals: 6 x 1200	stretch-tempo: 2 + 2	18
8	19-Nov	Easy 6 mile run	Easy 6 mile run	14
7	26-Nov	1 mile intervals: 2 x 1600	base-tempo: 1 + 3	18
6	3-Dec	1 mile intervals: 3 x 1600	goal-tempo: 1 + 3	20
5	10-Dec	1 mile intervals: 4 x 1600	stretch-tempo: 1 + 3	16
4	17-Dec	Easy 6 mile run	Easy 6 mile run	18
3	24-Dec	Flat Pyramid: 200, 400, 800, 1200, 1200, 800, 600, 400, 200	base-tempo: 4	20

2	31-Dec	Full Pyramid: 400, 800, 1200, 1600, 1200, 800, 400	goal-tempo: 4	14
1	7-Jan	Inverse Pyramid: 1600, 1200, 800, 400, 800, 1200, 1600	stretch-tempo: 4	8
0	14-Jan	Easy 4 mile run	Easy 3 mile run	MARATHON

All Speed and Tempo workouts should include at least a 1 mile slow jog warm-up and cool-down at conversation pace and 200m / 1 minute rest between intervals.