

Preparation Block Goals:

- 1) Steady diet of miles at 7,000 ft
- 2) Amass time volume of running as you feel
- 3) Emphasis on aerobic work w/ tempos + Fartlek workouts

Date	Day	Type of Run	Daily Minutes of Running / Workout Details	Running Workout Notes / Non Running Compliment
2/8/2016	Monday	Double Recovery + skills & drills	AM: 70 mins as you feel PM: 40 mins as you feel + skills & drills	Lite Lift after PM run
2/9/2016	Tuesday	Medium Long Run	80 mins as you feel	
2/10/2016	Wednesday	Workout	5 x 1200m @ 3:36 (72/400m) w/ 400m jog recovery between reps --- 6 - 8 minutes easy jogging --- 2 x [3 x 600m @ 1:42 (68/400m) w/ 200m jog recovery between reps] w/ 400m jog between sets	Lift after workout
2/11/2016	Thursday	Recovery	60 mins as you feel	
2/12/2016	Friday	Recovery	75 mins as you feel	
2/13/2016	Saturday	Workout / Long Run	5 miles as you feel 8 miles at 6:00/mile pace 3 miles as you feel	Lift after Long Run
2/14/2016	Sunday	Travel to Flagstaff	60 mins as you feel	
2/15/2016	Monday	Double Recovery	AM: 70 mins as you feel PM: 40 mins as you feel	
2/16/2016	Tuesday	Medium Long Run	95 mins as you feel	Lift after run
2/17/2016	Wednesday	Double Recovery + strides	AM: 60 mins as you feel + 6 x 35 seconds @ 3K pace EFFORT w/ FULL recovery + 10 mins easy PM: 40 mins as you feel	
2/18/2016	Thursday	Workout Fartlek	AM: 3 x [3 x (3:00 mins "on," 2:00 mins easy)] w/ 5:00 easy running between sets PM: 40 mins as you feel	
2/19/2016	Friday	Medium Long Run	95 mins as you feel	Lift after run
2/20/2016	Saturday	Double Recovery + strides	AM: 60 mins as you feel + 6 x 35 seconds @ 3K pace EFFORT w/ FULL recovery + 10 mins easy PM: 40 mins as you feel	
2/21/2016	Sunday	Long Run	105 - 115 mins as you feel	
2/22/2016	Monday	Double Recovery + strides	AM: 70 mins as you feel + 8 x 20 secs @ 1500m pace EFFORT w/ FULL recovery + 10 mins easy PM: 40 mins as you feel	
2/23/2016	Tuesday	Workout 1 Mile Fartlek	AM: 8 x 1 Mile @ ~5:45 w/ 60 sec rec w/ Steph PM: 40 mins as you feel	Lift after workout
2/24/2016	Wednesday	Medium Long Run	100 mins as you feel	
2/25/2016	Thursday	Double Recovery + strides	AM: 60 mins as you feel + 6 x 35 seconds @ 3K pace EFFORT w/ FULL recovery + 10 mins easy PM: 40 mins as you feel	
2/26/2016	Friday	Workout Steady tempo	AM: 20 mins steady @ 1/2 Marathon effort w/ 5:00 mins easy running recovery 10 mins steady @ 15K race pace effort w/ 5:00 mins easy running recovery 2 x 5 mins @ 10K race pace effort w/ 3:00 easy running recovery PM: 40 mins as you feel	Lift after workout
2/27/2016	Saturday	Relaxed Recovery Run	75 mins as you feel	
2/28/2016	Sunday	Long Run	110 - 130 mins as you feel	
2/29/2016	Monday	Double Recovery	AM: 60 mins as you feel + 8 x 20 secs @ 1500m pace EFFORT w/ FULL recovery + 10 mins easy PM: 40 mins as you feel	Lift after AM Run
3/1/2016	Tuesday	Double Recovery	AM: 70 mins as you feel PM: 40 mins as you feel	
3/2/2016	Wednesday	Workout 1.5 Mile repeats	20 mins warm up 2 x (3 x 1.5 miles @ 5:45/mile pace, 2:30 recovery) w/ 8:00 recovery between sets 20 mins cool down	Lift after workout

3/3/2016	Thursday	Medium Long Run	90 mins as you feel	
3/4/2016	Friday	Double Recovery + long strides	AM: 70 mins as you feel PM: 40 mins as you feel + 5 x 35 seconds @ 3K pace EFFORT w/ FULL recovery	
3/5/2016	Saturday	Workout 2 x 4 mile tempo	20 mins warm up 2 x 4 miles @ 6:00/mile pace w/ 10 mins easy running recovery 20 mins cool down	Lift after workout
3/6/2016	Sunday	Long Run	105 - 120 mins as you feel	
3/7/2016	Monday	Double Recovery	AM: 70 mins as you feel PM: 40 mins as you feel	
3/8/2016	Tuesday	Recovery	60 mins as you feel	
3/9/2016	Wednesday	Workout 600m reps	20 mins warm up 3 x [4 x 600m @ 2:00 (80/400m) w/ 200m easy jog in 80 seconds] w/ 4:00 easy between sets 20 mins cool down	Lift after workout
3/10/2016	Thursday	Recovery + long strides	60 mins as you feel + 6 x 20 secs @ 1500m pace EFFORT w/ FULL recovery + 10 mins easy	
3/11/2016	Friday	Travel to Jacksonville / Very Easy Double Recovery	AM: 30 mins as you feel PM: 20 mins as you feel	
3/12/2016	Saturday	RACE	USATF 15K Championships	
3/13/2016	Sunday	Double Recovery	70 mins as you feel	
3/14/2016	Monday	Double Recovery	AM: 70 mins as you feel PM: 40 mins as you feel	Lift after Run