

	Week 1	Week 2	Week 3	Week 4
Monday	Rest	Rest	Rest	Rest
Tuesday	ER 3 Miles	ER 3 Miles RS 6 x ::20 sec.s (RBI 1 Min.)	ER 3 Miles RS 4 x 400 Meter, Sprint Final 100 (RBI 4 Min.s)	ER 3 Miles RS 4 x 400 Meter, Sprint Final 100 (RBI 4 Min.s)
Wednesday	Rest	Rest	Rest	Rest
Thursday	ER 4 Miles RS 6 x ::15 sec.s (RBI ::90 sec.s)	ER 4 Miles RS 4 x ::40 sec.s (RBI :03 Min.s)	ER 5 Miles RS 6 x ::20 sec.s (RBI ::50 Sec.s)	ER 5 Miles RS 6 x ::20 sec.s (RBI ::50 Sec.s)
Friday	Rest	Rest	Rest	Rest
Saturday	ER 5 Miles RS 8 x ::20 sec.s RBI 1 Min.	ER 6 Miles RS 6 x ::15 sec.s RBI 90 Sec.s Min. RI 3 x ::45 (RBI 3 Min.s)	ER 6 Miles RI 3 x ::45 (RBI 3 Min.s)	ER 6 Miles RI 3 x ::45 (RBI 3 Min.s)
Sunday	RR 3 Miles	RR 3 Miles	RR 4 Miles	RR 4 Miles
				ER = Endurance Run Moderate Pace 70% Avg Heart Rate or 6 Perceived Exertion
				RS = Running Strides Perceived Exertion should be 7 (out of 10) RBI=Rest Btn Intervals
				RI=Running Interval Perceived Exertion of 9 99- 110%
				RR=Recovery Runs Perceived Exertion 4