

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Weekly Miles
1	2 mile LSD run		2 mile track fartlek		3 mile LSD run			8.5
2	2.5 mile LSD run		2.5 mile track fartlek		3 mile LSD run			9.5
3	3 mile LSD run		3 mile hill fartlek		3 mile LSD run			10.5
4	3 mile LSD run		3 mile track fartlek		4 mile LSD run			11.5
5	4 mile LSD run		3 mile hill fartlek		4 mile LSD run			12.5
6	3 mile LSD run		2 mile LSD run		3 mile LSD run			8
7	4 mile LSD run		3 mile TIME TRIAL		4 mile LSD run			12.5
8	4 mile LSD run		2x1 mile repeats		5 mile LSD run			12.5
9	4 mile LSD run		3x1 mile repeats		5 mile LSD run			13.5
10	4 mile LSD run		6x800 meter repeats		5.5 mile LSD run			14
11	5 mile LSD run		8x400 meter repeats		5.5 mile LSD run			14
12	3 mile LSD run		3 mile tempo run		4 mile LSD run			10
13	4 mile LSD run		3x1 mile repeats		6 mile LSD run			14.5
14	4.5 mile LSD run		4x1 mile repeats		6 mile LSD run			16
15	4 mile LSD run	2 mile LSD run		2x2 mile repeats		6 mile LSD run		17.5
16	3.5 mile LSD		2x1 mile repeats		4 mile LSD run			11
17	4.5 mile LSD run	3 mile LSD run		3 mile TIME TRIAL		7 mile LSD run		19
18	4.5 mile LSD run	3.5 mile LSD run		2x2 mile repeats		7 mile LSD run		20.5
19	5 mile LSD run	3.5 mile LSD run		4 mile track/hill fartlek		8 mile LSD run		22
20	4 mile LSD run		3 mile tempo run		5 mile LSD run			12

DELOAD WEEK

Fartlek = "speed play" (workout should include a 1 mile warmup and half mile cool down)
Ex: 4 mins easy, 2 mins hard

LSD = "Long Slow Distance"

Interval Workout

2 mile repeats: 5-6 minutes rest between miles
1 mile repeats: 3-4 minutes rest between miles
800 meter repeats: 2-3 minutes rest between reps
400 meter repeats: 1-2 minutes rest between reps

1 mile warmup before workout. Half mile cool down after workout.

Tempo Run EX: 10 mins at LSD pace, 10 mins at race pace, 5-10 mins at LSD pace = 25-30 mins total

TIME TRIALS: Include 1 mile warmup, half mile cool down

Tested Run Events

PST = 1.5 miles

HPT = 3 miles

Timed ruck = 6 miles

RATE OF PERCEIVED EXERTION (RPE)

10	MAX EFFORT	Out of breath, unable to talk
9	EXTREMELY HARD	Difficult to maintain intensity, can barely breathe and speak a word
8	VERY HARD	Feels uncomfortable, can barely speak a sentence
7	HARD	Feels uncomfortable, can say 3 words
6	DIFFICULT	Almost feels uncomfortable
5	SOMEWHAT DIFFICULT	Can say short sentences
4	MODERATE	Breathing heavily, but can have a short conversation
3	COMFORTABLE	Running, biking, swimming, can carry on a conversation
2	EASY	Walking with purpose to a light jog
1	VERY EASY	Daily activities, besides sleeping