

New Runner Training Plan

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout :	Long Run	Recovery Mileage and Strides	Recovery and Hill Work	Aerobic Workout	Recovery and Flys	Rest or Short Recovery	Rest or Short Recovery
Goal:	The long run is arguably the best way to develop the aerobic system by stressing it for a long duration.	Recovery mileage builds an aerobic base while enhancing running economy and most importantly leaves us prepared for the next day. Strides start the process of preparing our legs to run fast.	Hill work builds strength and prepares us for racing on rough terrain.	Aerobic workouts push and strengthen our aerobic systems.	Recovery mileage builds an aerobic base while enhancing running economy and most importantly leaves us prepared for the next day. Flys develop our top end speed.	Recovery prepares us for the next workout.	Recovery prepares us for the next workout.
Notes:	~20-25% of weekly mileage	~10-15% of weekly mileage Strides: 4-8x100meters @1600 pace	~15% of weekly mileage taking the hills hard 4-8x200meters @hard pace on hill	The base of this workout is 5 minutes of warm up, segments of 5 minutes broken between 3k-5k pace and a recovery pace, and 5 minutes of cool down. Variables: Segment Break Up (Ex: 2min@3k-5k and 3min@recovery) Volume (Ex: 4-6 reps) Pace (Ex: 3k-5k pace)	~10-15% of weekly mileage Strides: 4x30-60meters @Top Speed	~10 of weekly mileage	Running on Sundays should be discussed with a coach.