

Training Programs for Novice Runners and 9 plus milers - www.communityrunning.org

	MON.	TUE.	WED.	TH.	FRI.	SAT.	SUN	Weekly Mileage
March 27-2	6x600 @5k pace 1'30" RI	OFF (recovery day)	5x800 @10k pace 2'RI	OFF (recovery day)	5 miles	10 miles	X-Train 45'	24
April 3-9	6-8x400 1'RI	"	2x1000 2x800 2'RI	"	5 miles	14 miles	"	31
April 10-16	15 min. tempo	"	Mile, 2x800 2' RI	"	5 miles	10 miles	"	27
April 17-23	4x(3'@5k, 2'easy)	"	4xmile 3'RI	"	5 miles	14 miles	"	33
April 23-30	2x10min. @10k	"	4x1000 3'RI	"	5 miles	10 miles	"	27
May 1-7	3x1000@10k 3'RI	"	2x(800, 600, 400) 1'30 RI, 3'between sets	"	5 miles	8 miles	"	27
May 8-14	4x800@5k 3'RI	"	4x400 @ 10k pace 3' RI	OFF	2 miles 4strides	RACE	OFF	20

* RI =rest
interval

* " =seconds

* ' =minutes

*Weekend long
runs are done
30 seconds to 1
minute slower
than marathon
pace.

*Tue and Thurs
are recovery
days, 30 min. of
easy cross
training and
light stretching.