

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WEEK 1								WEEK 1
Date	6/20/2011	6/21/2011	6/22/2011	6/23/2011	6/24/2011	6/25/2011	6/26/2011	
Workout Type	Easy Run	Intervals	Cross Train	Tempo Run	Rest Day	Easy Run	Cross Train	Notes
Description	35 mins	WU WO: 5 mins @ Tempo, 4 mins @ 10K pace, 3 mins @ 5K pace, w/ 2 mins btwn each effort. CD	40 mins	WU WO: 2 x 8 mins @ Tempo CD	Recovery	60 mins (beginners, cut back to 40 mins)	30 mins Or Rest if tired.	If just starting out, or back after a layoff, cut back a little. Ask you coach for advice.
Perceived Effort	2 - 3/10	5 - 7/10	2 /10	5 - 6/10		2 - 3/10	2 /10	
WEEK 2								WEEK 2
Date	6/27/2011	6/28/2011	6/29/2011	6/30/2011	7/1/2011	7/2/2011	7/3/2011	
Workout Type	Easy Run	Intervals	Cross Train	Steady Run	Rest Day	Easy Run	Cross Train	Notes
Description	40 mins	WU WO: 15 mins Tempo CD	40 mins	WU WO: 2 x 10 mins mins @ HM race pace w/2 mins btwn. CD	Recovery	70 mins (beginners, cut back to 50 mins)	30 mins Or Rest if tired.	
Perceived Effort	2 - 3/10	5 - 6/10	2 /10	3 - 4/10		2 - 3/10	2 /10	
WEEK 3								WEEK 3
Date	7/4/2011	7/5/2011	7/6/2011	7/7/2011	7/8/2011	7/9/2011	7/10/2011	
Workout Type	Easy Run	Hills	Cross Train	Steady Run	Rest Day	Easy Run	Cross Train	Notes
Description	45 mins Or Four on Fourth 4K Race	WU WO: 7 x 1 min hills CD	45 mins	WU WO: 2 x 10 mins mins @ HM race pace w/2 mins btwn. CD	Recovery	80 mins (beginners, cut back to 60 mins)	30 mins	If you run July 4th race, run 55 easy on Tuesday, no hills.
Perceived Effort	2 - 3/10	7 - 8/10	2 /10	3 - 4/10		2 - 3/10	2 /10	
WEEK 4								WEEK 4
Date	7/10/2011	7/11/2011	7/12/2011	7/13/2011	7/14/2011	7/15/2011	7/16/2011	
Workout Type	Rest Day	Intervals	Cross Train	Easy Run	Rest Day	Easy Run	Rest Day	Notes
Description	Recovery	WU WO: 5 x 2 mins @ about 5K race pace w/ 2 mins btwn each effort. CD	40 mins	45 mins PU to HM race pace for 10 mins in middle.	Recovery	60 mins	Recovery	In a recovery week, ease back, take at least two full days off. Get a massage to relieve sore muscles.
Perceived Effort		5 - 7/10	2 /10	5 - 6/10		2 /10		
Key								
		Run						
		Cross Train						
		Rest Day						
	WU	Warm Up. 10 mins easy jog, dynamic stretches and drills, 4 x stride outs.						
	WO	Workout						
	CD	Cool Down. 10 mins of easy jogging. Static stretches to finish.						
	HM	Half Marathon						
	PU	Pick Up						
	w/	With						
	Recovery	Full day off - no activity.						