



GO THE DISTANCE

PERFORMANCE COACHING

Running Schedule

Week of August 26 - September 1

Workout #1

Warm-up - 1 mile, Active Stretch Routine, 4 - 8 x 100-meter strides
5 x 1000-meter repeats with 3:00 active recovery
Goal pace - 3:50
Cooldown - 1 mile, Post Run Exercise Routine #1, Static Stretching Routine

Workout #2

4 mile recovery run
Goal pace - 7:50 to 8:20 pace
Recovery Day Exercise Routine #1, Static Stretching Routine

Workout #3

Warm-up - 1 mile, Active Stretch Routine, 6 - 10 x 100-meter strides
10 x 200-meter repeats with 2:00 active recovery
Goal pace - :42
Cooldown - 1 mile, Post Run Exercise Routine #2, Static Stretching Routine

Workout #4

4 mile recovery run
Goal pace - 7:50 to 8:20 pace
Recovery Day Exercise Routine #2, Static Stretching Routine

Workout #5

8 mile long run with 3 mile tempo run (LT)
2 mile warm-up, 3 mile tempo run, 3 mile cooldown
Post Run Exercise Routine #3, Static Stretching Routine

Workout #6

3 mile recovery run
Goal pace - 7:50 to 8:20 pace
Recovery Day Exercise Routine #1, Static Stretching Routine