

Returning Runner Training Plan 1600/3200

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout :	Progression / Threshold 2:1	Mileage + Strides (Hills)	Mileage + Flys	Aerobic Intervals / Threshold / Speed Intervals 1:1:1	Mileage + Strides	Long Run (Trails)	Rest or Short Recovery
Goal:	Long progression runs and long threshold bouts are two of the best ways to increase aerobic fitness. Progression runs have the added benefit of getting the body used to running at various intensities.	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.	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.	Aerobic workouts push and strengthen our aerobic systems. Threshold workouts improve our body's ability to deal with lactate. Speed intervals prepare our legs to sustain a fast pace.	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.	The long run is arguably the best way to develop the aerobic system by stressing it for a long duration.	Recovery prepares us for the next workout.
Notes:	<p>Progression: ~15-20% WM The first half of the progression run should be at a moderate pace and the back half at a progressively (but consistently) faster pace finishing at a hard effort (about threshold or faster).</p> <p>Threshold: ~10% WM Threshold pace should be a sustained comfortably hard effort.</p>	<p>~10% WM</p> <p>Strides: 4-8x100meters @1600 pace</p>	<p>~15% WM</p> <p>Flys: 4x30-40meters @Top Speed</p>	<p>Aerobic Intervals: ~10% WM The base of this workout is segments of 5 minutes broken between 3k-5k pace and a moderate pace. Typical break up is 2min@3k-5k and 3min@moderate.</p> <p>Speed Intervals: ~10% WM This workout consists of intervals @1600 pace. Typically 30sec@1600 and 60sec@recovery.</p>	<p>~10% of weekly mileage</p> <p>Strides: 4-8x100meters @1600 pace</p>	<p>~20-25% of weekly mileage</p>	<p>Running on Sundays should be discussed with a coach.</p>