

# WEEKLY TRAINING SCHEDULE

Week Of: \_\_\_\_\_

<b>DAY</b>	<b>WORKOUT DESCRIPTION</b>	<b>DISTANCE/TIME</b>	<b>RPE (1-10)</b>
<b>Monday</b>	Easy Recovery Run + Mobility		
<b>Tuesday</b>	Interval Session: 8 x 800m @ Goal Pace		
<b>Wednesday</b>	Mid-Week Base Run		
<b>Thursday</b>	Strength Training / Cross-Training		
<b>Friday</b>	Tempo Run: 20 mins at Threshold		
<b>Saturday</b>	Long Run (Aerobic Capacity)		
<b>Sunday</b>	Rest / Active Recovery Walk		

TOTAL WEEKLY DISTANCE \_\_\_\_\_

TOTAL TIME \_\_\_\_\_

WEEKLY AVERAGE RPE \_\_\_\_\_

NOTES & OBSERVATIONS