

Weekly Training Schedule

DAY	WORKOUT TYPE	DESCRIPTION	DISTANCE (MI)
Monday	Recovery	Easy pace, flat terrain	
Tuesday	Intervals	8 x 400m @ Goal Pace	
Wednesday	Base	Aerobic maintenance run	
Thursday	Tempo	20 min at threshold effort	
Friday	Rest	Full recovery or mobility	
Saturday	Long Run	Endurance focus, steady pace	
Sunday	Base	Light shakeout run	

TOTAL VOLUME
30.0 mi
TRAINING INTENSITY
Moderate