## Week #15 (April 04 - April 11)

Goal: 5 Days Running (again). Long Run and two solid workout days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.0 Mile Easy Run /15 Min Core	4.5 Mile Speed Workout	2.5 Mile Easy Run/ 15 Min Core	6.0 Mile (Repeat Tempo Miles)	OFF	10-11 Mile Long Run	OFF
This is a same workout as last week (you ran it in 10M Miles)	Drills (A, B & C)  Warmup:	Aim to run the 2.5 Miles in 30 Minutes. Should feel ridiculously slow	Drills (A, B & C)  Warmup:		Warmup/Workout/Cool down: They are all the same	If you really want, do core or yoga, no running. Enjoy a
Aim to run the 3.0 Miles in about 32 Minutes. Pace should be easy and comfortable.	11:00/Mile (5.5) for 2 Minutes 10:00/Mile(6.0) for 1 Minute	Pace translates to about 12:00/Mile! Slow!  Reason we're doing with	11:00/Mile (5.5) for 2 Minutes 10:30/Mile (5.7) for 1 Minute		and the goal today is just time on feet. Pace should be comfortable. I always like to put those Heart Rate restrictions	Sunday off.
Tomorrow is a hard day (And Thursday too).	09:30/Mile (6.3) for 1 Minute 09:00/Mile (6.6) for 1 Minute	is to help recover you for tomorrow's run. Keep the blood flowing and muscles loose.	10:00/Mile(6.0) for 1 Minute 09:30/Mile (6.3) for 1 Minute		in. Hoping for good weather!  Also good chance your	
Core workout of Choice for 15 Minutes  A good day to revisit	08;20/Mile (7.2) for 30 Seconds 09:00/Mile (6.6) for 1 Minute	muscles loose.	09:00/Mile (6.6) for 1 Minute 08;30/Mile (7.0) for 30 Seconds		legs may feel a bit off at the start. A hard run Thursday with the day off yesterday will do that.	
head position. Spine between back and head should feel	08;20/Mile (7.2) for 30 Seconds 10:00/Mile(6.0) for 2		09:00/Mile (6.6) for 1 Minute 08;30/Mile (7.0) for 30		Don't worry, you'll warm up into it	
straight and balanced. No strain in neck muscles. (no bending). Gaze should be 10-15 feet in front of you	Minute  Workout: These are tough workouts for distance runners as		Seconds 10:00/Mile(6.0) for 2 Minute		3 Weeks to the WPS 1/2!!!	
when you run.	we're really going into max aerobic capacity Lactic acid build up and running a pace		Workout: 09:05/Mile (6.6) for 9 Minutes 12:00/Mile (5.0) for 1			
	that is much faster then our goal race pace but they also really push your fitness into higher		Minute Repeat a total of 4 times If You feel AMAZING you could add a 5th			

areas. As allows listen to your body, if you get to a point where form is breaking down, there is no shame in taking an interval off to recover longer.  6 Sets of the Following 08:20/Mile (7.2) for 3 Minutes 09:100/Mile (55)  This is the third time you are doing this type of workout. however this one is longer/tougher.  5 = Great/Hard, 1 = Poor/Low Poor/Low Poor/Low Poor/Low Poor/Low Poor/Low How was your motivation today? How challenging was How challenging was How workout? How dild the workout? How did the			T	T		T	
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