

Week	Mon Date	Plan	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Sun Date
3	<b>1-Aug</b>	HM 4-25	30	30	Rest or X-train	30/10 @ HMP	Rest or X-train	4 miles	Rest or X-train	<b>7-Aug</b>
4	<b>8-Aug</b>	HM 4-25	30	30	Rest or X-train	30/10 @ HMP	Rest or X-train	5 miles	Rest or X-train	<b>14-Aug</b>
5	<b>15-Aug</b>	HM 4-25	30	35	Rest or X-train	30/10 @ HMP	Rest or X-train	5 miles	Rest or X-train	<b>21-Aug</b>
6	<b>22-Aug</b>	HM 4-25	30	35	Rest or X-train	30/10 @ HMP	Rest or X-train	6 miles	Rest or X-train	<b>28-Aug</b>
7	<b>29-Aug</b>	HM 4-25	30	35	Rest or X-train	30/10 @ HMP	Rest or X-train	6 miles	Rest or X-train	<b>4-Sep</b>
8	<b>5-Sep</b>	HM 4-25	30 or B2S 5K	35	Rest or X-train	30/10 @ HMP	Rest or X-train	7 miles	Rest or X-train	<b>11-Sep</b>
9	<b>12-Sep</b>	HM 4-25	30	35	Rest or X-train	35/15 @ HMP	Rest or X-train	7 miles	Rest or X-train	<b>18-Sep</b>
10	<b>19-Sep</b>	HM 4-25	30	35	Rest or X-train	35/15 @ HMP	Rest or X-train	8 miles	Rest or X-train	<b>25-Sep</b>
11	<b>26-Sep</b>	HM 4-25	35	40	Rest or X-train	35/15 @ HMP	Rest or X-train	8 miles	Rest or X-train	<b>2-Oct</b>
12	<b>3-Oct</b>	HM 4-25	35	40	Rest or X-train	35/15 @ HMP	Rest or X-train	9 miles	Rest or X-train	<b>9-Oct</b>
13	<b>10-Oct</b>	HM 4-25	35	40	Rest or X-train	35/15 @ HMP	Rest or X-train	9 miles	Rest or X-train	<b>16-Oct</b>
14	<b>17-Oct</b>	HM 4-25	35	40	Rest or X-train	35/15 @ HMP	Rest or X-train	9 miles	Rest or X-train	<b>23-Oct</b>
15	<b>24-Oct</b>	HM 4-25	35	40	Rest or X-train	35/15 @ HMP	Rest or X-train	3 miles (easy)	Houston Half & 10k	<b>30-Oct</b>
16	<b>31-Oct</b>	HM 4-25	Rest or X-train	45	Rest or X-train	40/20 @ HMP	Rest or X-train	9 miles	Rest or X-train	<b>6-Nov</b>
17	<b>7-Nov</b>	HM 4-25	35	45	Rest or X-train	40/20 @ HMP	Rest or X-train	9 miles	Rest or X-train	<b>13-Nov</b>
18	<b>14-Nov</b>	HM 4-25	35	45	Rest or X-train	40/20 @ HMP	Rest or X-train	10 miles or >	10 Mi HMSA	<b>20-Nov</b>
19	<b>21-Nov</b>	HM 4-25	35	50	Rest or X-train	TD 10k or 40/20@HMP	Rest or X-train	11 miles	Rest or X-train	<b>27-Nov</b>
20	<b>28-Nov</b>	HM 4-25	35	50	Rest or X-train	40/20 @ HMP	Rest or X-train	12 miles	Rest or X-train	<b>4-Dec</b>
21	<b>5-Dec</b>	HM 4-25	35	45	Rest or X-train	45/25 @ HMP	Rest or X-train	11 miles	Rest or X-train	<b>11-Dec</b>
22	<b>12-Dec</b>	HM 4-25	35	45	Rest or X-train	45/25 @ HMP	Rest or X-train	13 miles	Rest or X-train	<b>18-Dec</b>
23	<b>19-Dec</b>	HM 4-25	35	40	Rest or X-train	40/20 @ HMP	Rest or X-train	11 miles	Rest or X-train	<b>25-Dec</b>
24	<b>26-Dec</b>	HM 4-25	35	40	Rest or X-train	40/20 @ HMP	Rest or X-train	8 miles	Rest or X-train	<b>1-Jan</b>
25	<b>2-Jan</b>	HM 4-25	30	30	Rest or X-train	30/10 @ HMP	Rest or X-train	6 miles	Rest or X-train	<b>8-Jan</b>
26	<b>9-Jan</b>	HM 4-25	30	30 easy	Rest or X-train	30 easy	Rest or X-train	Rest or 20 min	Houston Marathon & Half	<b>15-Jan</b>

Notes:

Workouts are in minutes unless otherwise noted.

1-2-1 For example means 1 mile WU, 2 miles Tempo, 1 mile CD

All runs are at "Easy" pace unless otherwise noted.

HMSA <https://www.hmsaclassical25k.com/>

All Speed runs (Typically Tuesday) include 1 to 1.5 WU and CD

HM 4-25 FKA Half marathon Level 1

HM 5-35 FKA Half marathon Level 3

M 4-40 FKA marathon 4-40

M 5-45 FKA marathon Level 3

M 5-50 FKA marathon 5-50

5-50 For example means 5 runs per week with about 50 miles per week at the peak

HMP Half Marathon Pace

MP Marathon Pace

T	Tempo Pace
TD 10k	Turkey Dash
B2S 5K	Back to School 5K (5K organized by KARC)
X-Train	cross train
reps	repetitions
CR hill	runs up the Cinco Ranch HS training hill - up fast and down easy
strides	a short distance (between 50-150 meters) of fast running (1 mile pace)
10 x 1:00 on/off	- 10 repetitions of 1 minute duration, 1 minute fast, 1 minute recovery
6w / 6 strides	- easy run of 6 miles; include 6 strides
CR hill, 2x8 reps -	2 sets of 8 repetitions up the CR hill with recovery in between
30/10 @ HMP -	Total run duration of 30 minutes, 10 easy, 10 at HMP and 10 easy
8 miles w/4 @T	- 8 mile total run with 4 x 1 mile at tempo pace

Track work-outs should be run with all repetitions at the same pace, last run should be same time as the first run. Due to tiring, the runs should gradually get harder