

Week	Mon Date	Plan	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Sun Date
2	25-Jul	M 4-40	Rest or X-train	6 w/ 6 strides	Rest or X-train	3 x 1 mile T	Rest or X-train	8 Miles	5 miles	31-Jul
3	1-Aug	M 4-40	Rest or X-train	10 x 1:00 on/Off	Rest or X-train	6 miles	Rest or X-train	6 Miles	5 miles	7-Aug
4	8-Aug	M 4-40	Rest or X-train	6 w/ 6 strides	Rest or X-train	3 x 1 mile T	Rest or X-train	8 Miles	5 miles	14-Aug
5	15-Aug	M 4-40	Rest or X-train	5 x 2:00 on/Off	Rest or X-train	6 miles	Rest or X-train	10 Miles	5 miles	21-Aug
6	22-Aug	M 4-40	Rest or X-train	6 w/ 6 strides	Rest or X-train	3 x 1 mile T	Rest or X-train	12 Miles	5 miles	28-Aug
7	29-Aug	M 4-40	Rest or X-train	5 x 2:00 on/Off	Rest or X-train	6 miles	Rest or X-train	12 Miles	6 miles	4-Sep
8	5-Sep	M 4-40	Off or B2S 5K	6 w/ 6 strides	Rest or X-train	3 x 1 mile T	Rest or X-train	13 Miles	6 miles	11-Sep
9	12-Sep	M 4-40	Rest or X-train	4 x 1 mile T	Rest or X-train	9 miles	Rest or X-train	12 Miles	5 miles	18-Sep
10	19-Sep	M 4-40	Rest or X-train	8 w/ 10 strides	Rest or X-train	10 miles	Rest or X-train	13 w/ 6 @ MP	5 miles	25-Sep
11	26-Sep	M 4-40	Rest or X-train	2 x 2 mile T	Rest or X-train	10 miles	Rest or X-train	13 Miles	5 miles	2-Oct
12	3-Oct	M 4-40	Rest or X-train	8 w/ 10 strides	Rest or X-train	10 miles	Rest or X-train	13 Miles	5 miles	9-Oct
13	10-Oct	M 4-40	Rest or X-train	8 miles w/ 4T	Rest or X-train	10 miles	Rest or X-train	16 w/ 8 @ MP	5 miles	16-Oct
14	17-Oct	M 4-40	Rest or X-train	8 w/ 10 strides	Rest or X-train	8 miles	Rest or X-train	10 Miles	4 miles	23-Oct
15	24-Oct	M 4-40	Rest or X-train	5 x 1 mile T	Rest or X-train	8 miles	Rest or X-train	5 shakeout	Houston Half & 10k	30-Oct
16	31-Oct	M 4-40	Rest or X-train	7 w/ 6 strides	Rest or X-train	9 miles w/ 5T	Rest or X-train	18 Miles	6 miles	6-Nov
17	7-Nov	M 4-40	Rest or X-train	5 miles	10 miles	5 w/ 6 strides	Rest or X-train	16w/ 10 @ MP	4 miles	13-Nov
18	14-Nov	M 4-40	Rest or X-train	5 x 800	Rest or X-train	8 w/ 8 strides	Rest or X-train	18 Miles	5 miles	20-Nov
19	21-Nov	M 4-40	Rest or X-train	6 w/ 6 strides	Rest or X-train	TD 10k or 9 w/ 5T	Rest or X-train	20 Miles	5 miles	27-Nov
20	28-Nov	M 4-40	Rest or X-train	5 x 800	Rest or X-train	6 miles	5 w/ 6 strides	14 Miles	5 miles	4-Dec
21	5-Dec	M 4-40	Rest or X-train	4 x 1000	Rest or X-train	10 miles	Rest or X-train	18 w/ 12 @ MP	5 miles	11-Dec
22	12-Dec	M 4-40	Rest or X-train	4 x 1000	5 miles	6 miles	Rest or X-train	18 Miles	5 miles	18-Dec
23	19-Dec	M 4-40	Rest or X-train	5 x 800	Rest or X-train	10 miles	Rest or X-train	20 Miles	4 miles	25-Dec
24	26-Dec	M 4-40	Rest or X-train	5 x 800	Rest or X-train	6 w/ 6 strides	Rest or X-train	15 Miles	6 miles	1-Jan
25	2-Jan	M 4-40	Rest or X-train	3 x 1600	Rest or X-train	6 miles	Rest or X-train	11 Miles	4 miles	8-Jan
26	9-Jan	M 4-40	Rest or X-train	6 miles	6 w/ 2 @ MP	Rest or X-train	4 w/ 6 strides	4 shakeout	Houston Marathon & Half	15-Jan

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