

Week	Mon Date	Plan	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Sun Date
2	25-Jul	M 5-45	40	45	40	45	Rest or X-train	6 Miles	Rest or X-train	31-Jul
3	1-Aug	M 5-45	40	45	40	45	Rest or X-train	7 Miles	Rest or X-train	7-Aug
4	8-Aug	M 5-45	40	CR hill, 2 x 8 reps	40	1-2-1	Rest or X-train	8 Miles	Rest or X-train	14-Aug
5	15-Aug	M 5-45	45	CR hill, 3 x 8 reps	40	1-2-1	Rest or X-train	9 Miles	Rest or X-train	21-Aug
6	22-Aug	M 5-45	45	CR hill, 4 x 8 reps	40	2-1-1	Rest or X-train	10 Miles	Rest or X-train	28-Aug
7	29-Aug	M 5-45	45	CR hill, 4 x 10 reps	45	50/10 @ HMP	Rest or X-train	9 Miles	Rest or X-train	4-Sep
8	5-Sep	M 5-45	45 or B2S 5K	4 x 400m	45	50/15 @ HMP	Rest or X-train	10 Miles	Rest or X-train	11-Sep
9	12-Sep	M 5-45	50	3 x 800m	45	50/15 @ HMP	Rest or X-train	12 Miles	Rest or X-train	18-Sep
10	19-Sep	M 5-45	50	6 x 400m	45	2-1-2	Rest or X-train	14 Miles	Rest or X-train	25-Sep
11	26-Sep	M 5-45	50	4 x 800m	50	2-1-2	Rest or X-train	12 Miles	Rest or X-train	2-Oct
12	3-Oct	M 5-45	50	2 x 1600m	50	2-1-2	Rest or X-train	14 Miles	Rest or X-train	9-Oct
13	10-Oct	M 5-45	55	5 x 800m	50	2-1-2	Rest or X-train	16 Miles	Rest or X-train	16-Oct
14	17-Oct	M 5-45	55	6 x 800m	50	50/25 @ HMP	Rest or X-train	16 Miles	Rest or X-train	23-Oct
15	24-Oct	M 5-45	55	2 x 2000m	55	50/25 @ HMP	Rest or X-train	3 Miles (easy)	Houston Half & 10k	30-Oct
16	31-Oct	M 5-45	Rest or X-train	3 x 1600m	55	50/25 @ HMP	Rest or X-train	16 Miles	Rest or X-train	6-Nov
17	7-Nov	M 5-45	55	7 x 800m	55	50/30 @ HMP	Rest or X-train	18 Miles	Rest or X-train	13-Nov
18	14-Nov	M 5-45	55	3 x 1600m	55	2-2-2	Rest or X-train	3 Miles (easy)	25k HMSA	20-Nov
19	21-Nov	M 5-45	Rest or X-train	8 x 800m	60	TD 10k or 2-2-2	Rest or X-train	18 Miles	Rest or X-train	27-Nov
20	28-Nov	M 5-45	55	4 x 1600m	60	1-2-1-2-1	Rest or X-train	20 Miles	Rest or X-train	4-Dec
21	5-Dec	M 5-45	55	10 x 800m	60	1-2-1-2-1	Rest or X-train	18 Miles	Rest or X-train	11-Dec
22	12-Dec	M 5-45	55	4 x 1600m	60	60/35 @ HMP	Rest or X-train	21 Miles	Rest or X-train	18-Dec
23	19-Dec	M 5-45	55	6 x 800m	60	50/30 @ HMP	Rest or X-train	16 Miles	Rest or X-train	25-Dec
24	26-Dec	M 5-45	55	5 x 800m	60	50/30 @ HMP	Rest or X-train	12 Miles	Rest or X-train	1-Jan
25	2-Jan	M 5-45	45	2 x 1600m	45	50/20 @ HMP	Rest or X-train	10 Miles	Rest or X-train	8-Jan
26	9-Jan	M 5-45	30	5000m @ MP	30/easy	rest or 20 min easy	Rest or X-train	rest or 20 Min easy	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