

- Option 1:** For year-round, consistent racing with no emphasized peak, follow just Phase I (below) indefinitely. This will keep you race-ready at all times, with minimal downtime necessary due to limited pounding.
- Option 2:** Follow Phases I and II, in order, for a steady progression and more pronounced, "in-season" peak.
- Option 3:** Use the *VOQ Training* summer build-up formula and in-season workout examples for an even better peak. The book's structure is based on scholastic competition seasons and isn't for everyone.
- Option 4:** Follow your own preferred training!

Phase I: *(pre-season build-up, or year-round approach)*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>no race:</i>	long run	60 min.	tempo	60 min. or rest	60 min.	interval workout	60 min.
<i>race week:</i>						40 min., 3x200 (e/m/h)	race day

- 60 min. runs should be comfortably quick; conversation pace but not easy run pace.
- Hill workouts can substitute for either tempo or interval sessions during this phase.

Phase II: *(the final 2-3 months leading up to your primary goal race)*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>no race:</i>	long run	60 min.	interval workout	60 min. or rest	60 min.	interval workout	60 min.
<i>race week:</i>						40 min., 3x200 (e/m/h)	race day

- Steadily increase the workout difficulty and racing intensity throughout this phase, holding mileage steady. When your workout intensity intersects your goal racing intensity, you're at peak fitness.
- The week leading up to the most important race, maintain mileage but decrease workout intensity by ~10%.

Tempo Workout Suggestions:

- "Minutes" (alternating hard/medium segments @ 85/65%, hard 400m at end), e.g.: 7x2, 5-4-3-2-1, 6x3, or 5x4
- 25x 45/15 (tempo progression), faster each 45 sec (10k to 5k pace or faster), 2 min. jog after #20
- 60 min. progression run, faster every 10 min., finishing at 5k-10k pace.

Interval Workout Suggestions: *(The bulk of workouts should be at goal race pace for your target distance.)*

- 5k pace: 20x400m, 12x600m, 10x800m, 6x1000m, or 3-4x Mile ... as little as 45 sec to as much as 4 min. rest
- 10k pace: 8-10x 1000m or 4-6x Mile ... 400m jog recovery
- 6-8x Mile @ Half-Marathon pace, 400m jog recovery

Miscellaneous Notes:

- If you're comfortable at the recommended 60 minutes a day and desire more mileage, add it via longer Sunday runs (10 mile minimum target) or daily doubles (preferably on workout days for more rest between hard sessions).
- Increased workout difficulty is accomplished through a sliding scale of: longer intervals, shorter recoveries, faster paces (as goals are attained and set higher), and a higher volume of intervals.
- It's okay to push the last couple intervals of a workout, despite the conservative naysayers. This develops your gear changes and closing speed.
- Ask for clarification if you're unsure about any of the workouts above.
- Make timed recoveries a jog (active) as much as possible.
- Within this training outline, more specific assistance is available to those wishing to meet up as part of a regularly scheduled workout group.
- The optional rest day is strategically placed for primary workout or race day rest, while minimizing the effect on any given hard session of having taken that day off.
- Adjust the schedule forward or back, as needed, if race day is not Saturday.

