

Modified Version for 2008 Smokey Bear in September

GOAL PACES

Level 2 pace/400

5K 10K	Level 1			Level 2			Level 3		
	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI
	0:17:30	0:05:38	0:05:06	0:18:30	0:05:57	0:05:25	0:19:00	0:06:07	0:05:35
	0:36:00	0:05:48	0:05:16	0:38:00	0:06:07	0:05:35	0:39:00	0:06:17	0:05:45
Mile	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace
	200	0:00:42	0:00:38	200	0:00:44	0:00:40	200	0:00:46	0:00:42
	300	0:01:03	0:00:57	300	0:01:07	0:01:01	300	0:01:08	0:01:02
	400	0:01:24	0:01:16	400	0:01:29	0:01:21	400	0:01:31	0:01:23
	600	0:02:06	0:01:54	600	0:02:13	0:02:01	600	0:02:17	0:02:05
	800	0:02:48	0:02:32	800	0:02:58	0:02:42	800	0:03:02	0:02:47
	1000	0:03:30	0:03:10	1000	0:03:42	0:03:22	1000	0:03:48	0:03:28
	1200	0:04:19	0:03:55	1200	0:04:34	0:04:10	1200	0:04:41	0:04:17
	1609.344	0:05:48	0:05:16	1609.344	0:06:07	0:05:35	1609.344	0:06:17	0:05:45
	2000	0:07:12	0:06:32	2000	0:07:36	0:06:56	2000	0:07:48	0:07:08

0:01:28.8
0:01:28.8
0:01:28.8
0:01:31.2
0:01:31.2

PI/SI based on 5K pace for intervals under 1200, 10K for 1200 and over

Week 1 - 7/7-7/13			
Monday	Easy	6 Easy	6
Tuesday	Long/Hard	8 x 400, 1 minute rest PI	6
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6
Thursday	Long/Hard	Dump run	10
Friday	Easy	Coffee run - Herve's Humble Hill (HHH)	5
Saturday	Segments	6-6-4-4-3-3-2 minutes On Top Loop or Hart Park	8
Sunday	Medium	8-10 Easy	10
			51
Week 2 - 7/14-7/20			
Monday	Easy	4-6 Easy	6
Tuesday	Double/Race	5 Easy AM/5K PM	11
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6
Thursday	Segments	1-1-2-2-3-3-4-3-3-2 minutes	7
Friday	Pre-race	6 x 200, jog back to start	4
Saturday	Race	6 Mile Morro Rock to Pier	8
Sunday	Long	10 Easy, Poly Canyon loop	10
			52
Week 3 - 7/21-7/27			
Monday	Easy	4-6 Easy	6
Tuesday	Intervals	5-8 X 600, 1:30 minute recovery 3K pace	7.5
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6
Thursday	Hill/Interval	Bluff Hill Repeats	8
Friday	Easy	Coffee run - HHH	5
Saturday	Interval	3 x 1200 PI, 3 Min Rest	6
Sunday	Long	12 miles	12
			50.5
Week 4 - 7/28-8/3 [Pam's Gone]			
Monday	Easy	4 easy	4
Tuesday	Double/Race	5 Easy AM/5K PM	11
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6
Thursday	Segments	1-1-2-2-3-3-4-6-6-4-4-2-2-2-1-1 minutes	10
Friday	Easy	Coffee run - HHH	5
Saturday	Tempo/Race	Time Trial >> OPEN <<	8
Sunday	Medium	6-10 Easy	10
			50
Week 5 - 8/4-8/10 [Bruce's Gone]			
Monday	Intervals	5 x 4 Min @ 5K pace, 2 min rest	8
Tuesday	Long/Hard	Dump run	10
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6
Thursday	Hill/Interval	Bluff Hill Repeats	8
Friday	Pre-race	6 x 200, jog back to start	3
Saturday	Race	1 Mi/2-5 Mi Yokuts Fun Run	7
Sunday	Long	8-12 Easy w/ Hills and/or Pick-ups, progressive	10
			52
Week 6 - 8/11-8/17			
Monday	Medium	6-8 Easy	7
Tuesday	Double/Race	5 Easy AM/5K PM	11
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6
Thursday	Long/Hard	Dump run	10
Friday	Easy	Coffee run - HHH	5
Saturday	Intervals	4 sets of 5 x 200m SI+, 60sec between first set, then 45, 30, 15	6
Sunday	Medium	6-8 Easy	8
			53

45 Miles w/ Yoga & no run on Weds

BTC HCP #4

Herve doing Mile in Stockton

3x300m near all out, 100jog, 400m 6 sec under 5K 400 jog, repeat 2-3 times (Lactate threshold - 7Killer)

46

Tower Line - 11 Mile

CSUB loop

42.5

BTC HCP #5

BACK OFF SOMEWHAT EVERY 4TH WEEK

See Add-in Options at Bottom for Open weekends

44

Tower Line - 11 Mile

Bruce doing 5K in San Diego

46

BTC HCP #6

Tower Line - 11 Mile

BC Track or grass

47

Modified Version for 2008 Smokey Bear in September

GOAL PACES

Level 2 pace/400

5K 10K Mile	GOAL PACES								
	Level 1			Level 2			Level 3		
	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI
	0:17:30	0:05:38	0:05:06	0:18:30	0:05:57	0:05:25	0:19:00	0:06:07	0:05:35
	0:36:00	0:05:48	0:05:16	0:38:00	0:06:07	0:05:35	0:39:00	0:06:17	0:05:45
	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace
	200	0:00:42	0:00:38	200	0:00:44	0:00:40	200	0:00:46	0:00:42
	300	0:01:03	0:00:57	300	0:01:07	0:01:01	300	0:01:08	0:01:02
	400	0:01:24	0:01:16	400	0:01:29	0:01:21	400	0:01:31	0:01:23
	600	0:02:06	0:01:54	600	0:02:13	0:02:01	600	0:02:17	0:02:05
	800	0:02:48	0:02:32	800	0:02:58	0:02:42	800	0:03:02	0:02:47
	1000	0:03:30	0:03:10	1000	0:03:42	0:03:22	1000	0:03:48	0:03:28
	1200	0:04:19	0:03:55	1200	0:04:34	0:04:10	1200	0:04:41	0:04:17
	1609.344	0:05:48	0:05:16	1609.344	0:06:07	0:05:35	1609.344	0:06:17	0:05:45
	2000	0:07:12	0:06:32	2000	0:07:36	0:06:56	2000	0:07:48	0:07:08

0:01:28.8
0:01:28.8
0:01:28.8
0:01:31.2
0:01:31.2
0:01:31.2

PI/SI based on 5K pace for intervals under 1200, 10K for 1200 and over

Week 7 - 8/18-8/24				
Monday	Medium	6-8 Easy	7	
Tuesday	Intervals	2 x 1200 PI, 2 x 800 PI	5	BC Track
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6	
Thursday	Intervals	4 sets of 5 x 200m SI+, 60sec between first set, then 45, 30, 15	5	BC Track or grass
Friday	Easy	Coffee run - HHH	0	
Saturday	Tempo/Race	Time Trial max HR 800s	5	
Sunday	Long	8-12 Easy w/ Hills and/or Pick-ups, progressive	8	
			48	42
Week 8 - 8/25-8/31				
Monday	Easy	4 easy	4	
Tuesday	Intervals	1200-800-1200-800-1200, 3/2 min rest	7	BC Track BACK OFF SOMEWHAT EVERY 4TH WEEK
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6	
Thursday	Long/Hard	Dump run	10	
Friday	Easy	Coffee run - HHH	5	
Saturday	Tempo/Race	Time Trial >> OPEN <<	8	
Sunday	Medium	6-10 Easy	8	
			48	42
Week 9 - 9/1-9/7				
Monday	Medium	6-8 Easy	7	
Tuesday	Intervals	3-5 x 2000 @ 10K pace, 4 min rest	8	BC Track
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6	
Thursday	Long/Hard	Dump run OPTION ---->	10	Tower Line - 11 Mile
Friday	Easy	Coffee run - HHH	5	
Saturday	Pre-race	6 x 200 meters, jog back to start	3	
Sunday	Race	10K Fresno Cross City	8	
			47	41
Week 10 - 9/8-9/14				
Monday	Medium	6-8 Easy	7	
Tuesday	Intervals	2 x 1mi PI, 1 x 1200 SI, 1x800 SI, 1x400 SI, 6x100S	8	BC Track
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6	
Thursday	Intervals	4 sets of 5 x 200m SI+, 60sec between first set, then 45, 30, 15	5	BC Track or grass
Friday	Easy	Coffee run - HHH	0	
Saturday	Medium	Canal Loop	5	
Sunday	Long	Tower Line	7	
			11	
			49	43
Week 11 - 9/15-9/21				
Monday	Medium	6-8 Easy	7	
Tuesday	Intervals	3-5 x 2000 @ 10K pace, 4 min rest OPTION ---->	8	BC Track 2 x 1200 SI, 1x800 SI, 1x400 SI, 1x200 SI, 6x100 S
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6	
Thursday	Hill/Interval	Bluff Hill Repeats	8	
Friday	Pre-race	6 x 200 meters	3	
Saturday	Race	5K Elephant Bar Run	5	
Sunday	Medium	6-10 Easy	8	
			45	39
Week 12 - 9/22-9/28				
Monday	Medium	6-8 Easy	6	
Tuesday	Tempo	15 min hard - 3 easy, 10 min hard 2 min easy, 5 min hard, 1 min easy (hard - 10K, easy 8/mi)	8	BC Track
Wednesday	Easy	4 - 6 Miles Easy or Yoga	6	
Thursday	Intervals	2 sets of 5 x 200 meters, SI+ 45 sec. between 1st set, then 15	4	BC Track
Friday	Pre-race	6 x 200 meters	0	
Saturday	Race	10K ** Smokey Bear 10K **	3	
Sunday	Post-Race	Easy	9	
			6	
			42	36

ADD-INS: Hill sprints (free wknds), stadiums (track days), snow balls (track), core dills
Do any 2 of these each week, alternate as schedule dictates