

III. 16 WEEK ROOKIE TRAINING PROGRAM

Week 16	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	6-10	2 x (3 x 800m) @ 10K pace, 90 seconds recovery, 5 minutes recovery between sets.
Wednesday	Distance	4-6	
Thursday	Tempo	4-6	
Friday	Distance	7-8	
Saturday	Distance	5-6	
Sunday	MLR	12-14	Steady, easy paced
Range for week		40-50	
Week 15	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	8-11	1 mile-2 mile-1 mile @ slightly slower than 10K effort, 4 and 7 minutes recovery.
Wednesday	Distance	5-8	
Thursday	Tempo	6-8	1 x15 minutes @ marathon tempo.
Friday	Distance	4-6	
Saturday	Distance	4-6	
Sunday	Long	14-16	Steady, easy paced
Range for week		40-55	
Week 14	Workout	Mileage	Description
Monday	Rest Day	0-4	
Tuesday	Interval	8-11	2 x (800m-600m-400m-200m), @ 5K-10K pace, 1 minute recovery, 3-5 minutes between sets.
Wednesday	Distance	5-6	
Thursday	Tempo	8-10	2 x 15 minutes @ marathon tempo, 5 minutes recovery.
Friday	Distance	4-6	
Saturday	Distance	5-8	
Sunday	Long	15-17	
Range for week		45-60	
Week 13	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	7-9	5 x (1,000m), @ 10K pace, 2 minutes recovery.
Wednesday	Distance	4-7	
Thursday	MLR	9-10	
Friday	Distance	4-7	
Saturday	Tempo	6-8	1 x 15 minutes, and 1 x 10 minutes @ marathon tempo,
Sunday	5 minutes recovery. Long	12-14	Easy long run
Range for week		40-55	
Week 12	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	8-10	3 x (2,000m) @ 10K pace, 3 minutes recovery.
Wednesday	Distance	5-8	
Thursday	Tempo	7-9	1 x 20 minutes @ marathon tempo.
Friday	Distance	5-8	
Saturday	Distance	4-6	
Sunday	Long	15-18	Run the middle 3 miles @ marathon tempo.
Range for week		45-60	
Week 11	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	7-10	3 x (800m-600m-600m) @ 5K effort, 90 seconds recovery, 5 minutes between sets.
Wednesday	Distance	5-8	
Thursday	MLR	10-11	
Friday	Distance	4-6	
Saturday	Tempo	6-10	30-40 minutes continuous run @ marathon tempo.
Sunday	Long	12-14	Easy, shorter long run this week
Range for week		45-60	

Week 10	Workout	Mileage	Description
Monday	Rest Day	0-4	
Tuesday	Interval	8-10	2 x (4 x 800m) @ 10K pace, 90 sec recovery, 5 minutes recovery between sets.
Wednesday	Distance	5-8	
Thursday	Tempo	6-9	2 x 15 minutes @ marathon tempo, 5 minutes recovery.
Friday	Distance	5-8	
Saturday	Distance	6-9	
Sunday	Long	16-18	Run miles 9-12 @ marathon tempo
Range for week		45-60	
Week 9	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	7-10	3 x (1,600m) @ 10K pace, 3 minutes recovery.
Wednesday	Distance	5-7	
Thursday	MLR	11-12	
Friday	Rest Day	0-3	
Saturday	Distance	6-7	
Sunday	Long	18-20	Easy, steady paced
Range for week		45-60	
Week 8	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	8-10	3 x (800m-600m-400m-200m), @ 5K-10k pace, 1 minute recovery, 3-5 minutes between sets.
Wednesday	Distance	4-6	
Thursday	Tempo	8-10	2 x 15 minutes @ marathon tempo, 5 minutes recovery.
Friday	Distance	4-6	
Saturday	Distance	3-7	Easy day
Sunday	Race	10-13.1	
Range for week		40-55	
Week 7	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	7-10	5 x (1,000m), @ 10K pace, 2 minutes recovery.
Wednesday	Distance	5-8	
Thursday	MLR	10-11	
Friday	Distance	4-6	
Saturday	Distance	5-8	
Sunday	Long	18-21	Last 4 miles @ marathon tempo.
Range for week		50-65	
Week 6	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	8-11	1 mile-2 mile-1 mile @ slightly slower than 10K effort, 4 and 7 minutes recovery.
Wednesday	Distance	4-6	
Thursday	Tempo	8-10	1 x 20 minutes & 1 x 10 minutes @ marathon tempo, 8 minutes recovery.
Friday	Rest	0-3	
Saturday	Distance	3-7	Easy day
Sunday	Race	13-16	10-20 mile race
Range for week		35-55	
Week 5	Workout	Mileage	Description
Monday	Rest Day	0-5	
Tuesday	Interval	7-10	3-4 x (1,600m) @ marathon tempo, 3 minutes recovery.
Wednesday	Distance	4-6	
Thursday	MLR	10-12	
Friday	Distance	4-6	
Saturday	Distance	6-8	
Sunday	Long	15-18	Easy paced
Range for week		45-65	

Week 4	Workout	Mileage	Description
Monday	Rest Day	0-4	
Tuesday	Interval	8-11	2 x (4 x 800m) @ 10K pace, 90 seconds recovery, 5 minutes recovery between sets.
Wednesday	Distance	6-8	
Thursday	Tempo	8-10	2 x 15 minutes @ marathon tempo, 5 minutes recovery.
Friday	Distance	4-6	
Saturday	Distance	6-9	
Sunday	Long	17-20	Last 4 miles @ marathon tempo.
Range for week		50-65	

Week 3	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	8-11	3 x (2,000m) @ 10K pace, 3 minutes recovery.
Wednesday	Distance	3-5	
Thursday	MLR	10-12	
Friday	Distance	4-6	
Saturday	Tempo	8-10	30-40 minutes continuous run @ marathon tempo.
Sunday	Long	14-16	Easy, steady paced
Range for week		50-60	

Week 2	Workout	Mileage	Description
Monday	Rest Day	0-3	
Tuesday	Interval	7-9	3 x (800m-600m-600m) @ 5K effort, 90 seconds recovery, 4 minutes between sets.
Wednesday	Distance	4-7	
Thursday	Tempo	7-9	2 x 15 minutes @ marathon tempo, 5 minutes recovery.
Friday	Distance	4-7	
Saturday	Rest	0-3	
Sunday	MLR	10-13	Easy paced
Range for week		30-50	

Week 1	Workout	Mileage	Description
Monday	Distance	3-5	
Tuesday	Tempo	6-8	1 x (5,000m) @ marathon tempo.
Wednesday	Rest	3-6	
Thursday	Tempo	6-8	3 x (1,000m) @ marathon tempo, 4 minutes recovery.
Friday	Rest	3-6	
Saturday	Rest	0-5	
Sunday	Rest	0-5	
Range for week		20-40	
		Race 26.2	1 x 26.2 miles @ marathon pace