

# OCT 24 - DEC 5

## 7 MILE TRAINING SCHEDULE

**TEXTRON** Systems

► PUSHING PAST POSSIBLE

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10/19/20						3-4 MI	REST
10/26/20	30min STEADY	20-30 XT	30min STEADY	20-30 XT	30min EZ	4-5 MI	REST
11/2/20	35min STEADY	20-30 XT	35min HILLS	20-30 XT	35min EZ	5-6 MI	REST
11/9/20	20min EZ	REST	20min STEADY	REST	20min EZ	4-5 MI	REST
11/16/20	35min STEADY	20-30 XT	35min TEMPO	20-30 XT	35min EZ	6-7 MI	REST
11/23/20	40min STEADY	20-30 XT	40min SPEED	20-30 XT	40min EZ	4 MI	REST
11/30/20	40min STEADY	20-30 XT	40min SPEED	20-30 XT	REST	<b>7 MI</b>	

**RPE:** Rate of Perceived Exertion, 1 = easy and 10 = all out

**STEADY:** Conversational pace, (RPE = 6-7, you should still be able to speak sentences while running)

**XT:** Cross training (bike, swim, yoga, strength), RPE = 6-7

**EZ:** Super easy effort, RPE = 3-4 (\*optional run/walk or walk)

**HILLS:** Find a hill that takes 1-3 minutes to run up, and do 3-6 repeats with an easy jog down.

**TEMPO:** Halfway through the run, insert 4x(8-10min) at tempo pace (RPE = 7-8, you should still be able to talk but not complete sentences!), 5 minute EZ between

**SPEED:** Hit the track! Warm up for 5 minutes, then do a pyramid (200M - 400M - 800M - 400M - 200M) with 30-60 seconds rest in between.

\*All repeats on the track should be done at a hard effort, RPE = 9-10.  
5 min EZ walk do cool down.

