

Winter Cycle (24 weeks)			NOTES
Strength Running			Recovery Time
2-Nov-15	Change Up	2x(6:00, 5:00, 4:00, 3:00, 2:00)	1 min jog between, 5 min between sets, 6:00 interval at marathon pace, 5:00 interval at half marathon pace, 4:00 interval at 10K pace, 3:00 interval at 8K pace, 2:00 interval at 5K pace
9-Nov-15	Hills	8x hills (Long Hill)	Active recovery back to start
16-Nov-15	Hills	2 laps around the park sprinting the hills	Active recovery in between hills
23-Nov-15	Hills	10x hills (Long Hill)	Active recovery back to start
Long Intervals			
30-Nov-15	Change up	2x200 + 400m + 800m + 1200m + 800m + 400m + 2x200 w/ staduims	Jog back to start after staduims and start next interval
7-Dec-15	1600	3x1600m	3:00 min in between intervals
14-Dec-15	1600	3x1600m	400m active recovery
21-Dec-15	1600	1x800 + 2x1600 + 1x800	2:00 min, 3:00min, 3:00 min,
28-Dec-15	Change up	2 mins + 4 mins + 6 mins + 4 mins + 2 mins	1:00 min, 2:00 min, 3:00 min, 2:00 min, 1:00 min
4-Jan-16	800	6x800m	2:00 min in between
11-Jan-16	800	2x800m + 1600m + 2x800m	2:00 min, 2:00 min, 3:00 min, 2:00 min
18-Jan-16	800	6x800m	400m active recovery
Short Intervals			
25-Jan-16	Change up	400m + 800m + 1200m + 1600m + 1200m + 800m + 400m	90 sec, 2:00 min, 2:30 min, 3:00 min, 2:30 min, 2:00 min
1-Feb-16	600	2x(2x600m + 1200m)	90 sec, 90, sec, 2:30 min
8-Feb-16	600	8x600m	90 sec
15-Feb-16	600	6x600m	200m active recovery
22-Feb-16	Change up	400m + 800m + 1200m + 1200m + 800m + 400m	90 sec, 2:00 min, 2:30 min, 2:30 min, 2:00 min
29-Feb-16	400	6x(2x200m + 400m)	200m jog, 200m jog, 90 sec
7-Mar-16	400	4x400m + 1600m active recovery + 4x400m	90 sec after 400m, 1600m active recovery, 90 sec after 400m
14-Mar-16	400	12x400	200m jog after each 400m
Taper			
21-Mar-16	400	4x400m + 4x200m + 4x400m + 4x200m	90 sec after 400m, 60 sec after 200m
28-Mar-16	Change up	2x200 + 400m + 800m + 1600m + 800m + 400m + 2x200	200m jog, 200m jog, 90 sec, 2:00 min, 3:00 min, 2:00 min, 90 sec, 200m jog
4-Apr-16	Tempo	2x(10 minutes running at 10k pace)	5 minutes active recovery
11-Apr-16	Race Week	3x1600m @ Marathon Pace	3:00 min Salt Lake City Marathon Week