



2021 Advance Training Schedule

		Recovery Day - Stretch muscles, do a little ab/core workout	Easy	Speed Work - Sprints with walk breaks	Race Pace -Uncomfortable to speak		Tempo - 1st and last miles easy, middle miles rotate Race Pace and Speed Work	Conversational Pace	Meeting Time
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	2-Jan						6 miles	8:00a	
1	Jan 3-9	Stretch and Core	5 miles	20 mins.	5 miles	REST!!!	6 miles	7 miles	8:00a
2	Jan 10-16	Stretch and Core	5 miles	25 mins.	5 miles	REST!!!	6 miles	8 miles	8:00a
3	Jan 17-23	Stretch and Core	6 miles	25 mins.	5 miles	REST!!!	7 miles	8 miles	8:00a
4	Jan 24-Jan 30	Stretch and Core	6 miles	30 mins.	5 miles	REST!!!	6 miles	9 miles	7:30a
5	Jan 31-Feb 6	Stretch and Core	6 miles	30 mins.	5 miles	REST!!!	4 miles	10K Progress Check	7:30a
6	Feb 7-13	Stretch and Core	6 miles	30 mins.	6 miles	REST!!!	7 miles	9 miles	7:30a
7	Feb 14-20	Stretch and Core	6 miles	35 mins.	6 miles	REST!!!	7 miles	10 miles	7:30a
8	Feb 21-Feb 27	Stretch and Core	6 miles	35 mins.	6 miles	REST!!!	7 miles	11 miles	7:30a
9	Feb 28-March 6	Stretch and Core	6 miles	35 mins.	6 miles	REST!!!	7 miles	12 miles	7:00a
10	Mar 7-13	Stretch and Core	6 miles	35 mins.	5 miles	REST!!!	4 miles	15K Progress Check	7:00a
11	Mar 14-20	Stretch and Core	7 miles	40 mins.	6 miles	REST!!!	7 miles	13 miles	7:00a
12	Mar 21-27	Stretch and Core	7 miles	40 mins.	6 miles	REST!!!	7 miles	14 miles	7:00a
13	Mar 28-Apr 3	Stretch and Core	7 miles	40 mins.	6 miles	REST!!!	7 miles	10 miles	7:00a
14	April 4-10	Stretch and Core	5 miles	40 mins.	5 miles	REST!!!	4 miles	8 miles	7:30a
15	April 11-17	Stretch and Core	3 miles	0 mins.	3 miles	REST!!!	15mins.	RACE DAY!!!	STRETCH