

2016 Dashing Whippets Fifth Avenue Mile Training Plan										
				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sample	Wkly Min	Wkly Mid	Wkly Max	Recovery Run	Long interval workout	REST, easy run, or cross train	Short interval workout	REST, easy run, or cross train	Long run	Recovery Run
25-Jul				6	10	5	7	6	8	5
1	36	47	53	48-64 min easy with 5x100m strides	2M w/u; 4 Mile tempo - 1 mile at 15k pace, 2 miles at HMP, 1 mile at 15k pace; 2M c/d	REST or 40-56 min easy with 4x100m strides	45 min easy with 6x150m strides	REST or 48 min easy with 5x100m strides	Team Championships	REST or 40-56 min easy with 4x100m strides
1-Aug				6	9	5	6	6	14	5
2	40	51	59	48-64 min easy with 5x100m strides	2M w/u; 8x400 hill repeats at 5k pace, jog back down; 2M c/d	REST or 40-56 min easy with 4x100m strides	3M w/u; 6-8x400 @ 3K pace (3:00 rest); 2M c/d	REST or 48 min easy with 5x100m strides	100 min @ MP plus 45-60	REST or 40-56 min easy with 4x100m strides
8-Aug				6	9	6	6	6	8	5
3	34	46	53.5	48-64 min easy with 5x100m strides	2M w/u; 5 Miles @ MP; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u; 8-12x300 @ 3K pace based on goal mile pace (100m rest); 2M c/d	REST or 48 min easy with 5x100m strides	DWRT 5k	REST or 40-56 min easy with 4x100m strides
15-Aug				6	8	6	7	7	12	5
4	38	51	59	48-64 min easy with 5x100m strides	2M w/u; 16x200 hill repeats at 3k pace, jog back down; 2M c/d	REST or 48-64 min easy with 4x100m strides	2M w/u, 3-4 x 400-200-400-200-400, where the 400s are at mile pace, and the 200s are marathon pace, 800 jog between each set, 2M cool down	REST or 56 min easy with 5x100m strides	80-90 min @ MP plus 45-60 with middle three miles at MP	REST or 40-56 min easy with 4x100m strides
22-Aug				7	7	6	7	7	8	5
5	34	47	55.5	56-72 min easy with 4x100m strides	3M w/u; 2x1200 at 1 mile pace, 5:00 rest; 2M c/d	REST or 48-64 min easy with 4x100m strides	3M w/u; 6-8x200 @ 1M pace based on goal mile pace (2:00 rest) w/number depending on if you are doing Percy Sutton; 2M c/d	REST or 56 min easy with 5x100m strides	Percy Sutton 5k	REST or 40-56 min easy with 4x100m strides
29-Aug				6	6	5	9	5	5	1
6	27	37	44	48-64 min easy with 5x100m strides	2M w/u; 6-8x300 uphill at 5k pace, recover back downhill, 2:30 rest, 2M c/d	REST or 40 min easy with 5x100m strides	45 minutes easy with 4x100m strides	REST or 40 min easy with 5x100m strides	5th Avenue Mile	REST