

## 3 Staples

	Speed	Strength	Endurance					
	Monday Easy/Alt/Rest	Tuesday Tempo Workout	Wednesday Easy/Alt/Rest	Thursday Hill Run	Friday Easy/Alt/Rest	Saturday Long or Rest	Sunday Long or Rest	Weekly Total
<b>1</b>		2 x 10 min.		MSRC Posted or Choice		Match current Long Run		Total minutes of weekly activity
<b>2</b>		3 x 10 min.		MSRC Posted or Choice		Increase Long Run minutes by 10%		Increase total minutes by 10%
<b>3</b>		1 x 20 min.		MSRC Posted or Choice		Increase Long Run minutes by 10%		Increase total minutes by 10%
<b>4</b>	SEE Weekly Total for guidelines	Virtual 5K race or 2-mile time trial		MSRC Posted or Choice		Reduce by 10%, more, or skip for REST WEEK		<b>REST WEEK</b> Reduce total by 15-20%

**Tempo Runs:** This workout involves a run that starts easy, builds to a steady speed in the middle, then ends easy. Tempo runs are one of the most valuable workouts in your running routine. One main challenge is finding the correct pace. Best described as a medium /hard effort, in which you can sustain that effort over the designated period of time. Your 10K to ½ marathon pace is commonly used for tempo runs.

### Weekly Tempo Workouts:

Week 1: Progression Tempo - 2 x 10 minutes (limited rest 1-2 minutes)

Week2: Progression Tempo - 3 x 10 minutes (limited rest 1-2 minutes)

Week 3: 1 x 20 minutes (no breaks if possible)

Week 4: Time trail/ race simulation (See above)

- Always Warmup AND Cooldown with 10 min of easy/moderate walk or jog

**\*If possible, do these tempo runs in the same location each time. It is best to have the course be flat surface and consistent terrain. Example: Springer Loop area**

**Minimum 1 day of FULL REST EVERY WEEK**