

Day	Monday	Tuesday	Wednesday	Thursday	Friday
When	On Own	On Own	On Own	On Own	On Own
Where	On Own	On Own	On Own	On Own	On Own
What	Easy Run at Assigned Level, 5 x H, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKUVW	10 min WU, Aerobic Repeats at Level, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra	Easy Run at Assigned Level, 5 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKMTV	Long Run at Level w/ 5x30s strides, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra
	Easy Run at Assigned Level, 6 x H, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKPUVWXY	15 min WU, Aerobic Repeats at Level, LBC+, CoreX, MDC, ABCDFGHILNQRSZ, Barefoot Ultra	Easy Run at Assigned Level, 5 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKMOPTVY	Long Run at Level w/ 5x30s strides, LBC+, CoreX, MDC, ABCDFGHILNQRSZ, Barefoot Ultra
	Easy Run at Assigned Level, 7 x H, Lunge Matrix, MDC, Plank Matrix Ultra, ABCDEFGHIJKPUVWXY	15 min WU, Aerobic Repeats at Level, LBC Ultra, CoreX, MDC, ABCDFGHILNQRSZ, Barefoot Ultra	Easy Run at Assigned Level, 5 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix Ultra, ABCDEFGHIJKMOPTVY	Long Run at Level w/ 5x30s strides, LBC Ultra, CoreX, MDC, ABCDFGHILNQRSZ, Barefoot Ultra
Notes	<p>If you've leveled up two weeks in a row, you should level down this week. Follow similar guidelines with hill sprints of 2 weeks +1 followed by a week of -1.</p> <p>Everyone has the same post-run work as last week.</p>	<p>After the dynamic warmup, run a warmup at easy pace for the assigned duration.</p> <p>Aerobic repeats are like a fartlek, but the segments at 5k effort are longer in duration, and the other segments are at easy pace rather than long run pace. Like fartleks, the front number is the amount of time at 5k effort. The second number is the amount of time at easy pace.</p> <p>A watch is going to be helpful for this.</p>	<p>Feel free to have some fun together. Otherwise just a recovery run with some barefoot strides. Go easy on the post-run work.</p>	<p>This could be a trail run (or a trail ride if you wanted to cross-train and do some biking on the new trail at Legion Lake).</p> <p>Afterwards follow the progression of strides. If you did this last week, you may advance a letter.</p> <p>Similar plan to the post-run work as the rest of the week.</p>	<p>Choose your own route ... or <a href="#">here's one</a> that leaves from the city park.</p>