

Day	Monday	Tuesday	Wednesday	Thursday	Friday
When	On Own	On Own	On Own	On Own	On Own
Where	On Own (Ideally Soccer Park)	On Own	On Own	On Own (Ideally Perry County Lake)	On Own
What	Easy Run at Level 1, 3 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	5 min WU, Fartlek at Level 1, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Level 1, 2 x BS, ABCDFGHI	Easy Run at Level 1, PS, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIMV	Long Run at Level 1 w/ 4x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
	Easy Run at Assigned Level, 4 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	10 min WU, Fartlek at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Level 1, 3 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIMV	Long Run at Level w/ 4x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
	Easy Run at Assigned Level, 5 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	15 min WU, Fartlek at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level, 4 x BS, ABCDFGHI	Easy Run at Assigned Level, PS, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIMV	Long Run at Level w/ 5x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
Notes	<p><b>Green:</b> Shoot for around 10-12 minutes at easy pace.</p> <p><b>Blue and Gold:</b> If you've leveled up two weeks in a row, make sure you drop down a level. Otherwise, you may move up a level from last week.</p> <p>If you're leveling up, do one more hill sprint than last week. If you're leveling down do one less.</p> <p>Everyone has the same mobility work. You can find all of these on the website. <b>Gold</b> and some <b>Blue</b> have already done this, so turn to them for expertise. You can also find them on the website. I use the bleachers at the soccer park for the "U"s, but any sort of bench or ledge that's around two feet tall would work.</p>	<p>You can really do this anywhere: park, track, neighborhood, etc. My only advice is to avoid any route with a lot of hills.</p> <p>After the dynamic warmup, do a warmup run at easy pace for the assigned duration.</p> <p>Fartleks alternate between 5k effort and steady pace (roughly pace in the second half of the long run). Your level provides the structure. For example, "1-2 x 4" means four consecutive cycles of 1 minute at 5k effort followed by 2 minutes of steady, for a total of 12 straight minutes of running. A watch is going to be super helpful for this.</p> <p>Our returning runners should be familiar with most of the post-run work, or you can check the website.</p>	<p>Feel free to do something fun first.</p> <p>Otherwise today would just be a recovery run.</p> <p><b>Green</b> should do around 10 minutes of running. You can do 2 barefoot strides on the football field. <b>Blue</b> and <b>Gold</b> should run their assigned duration. If you are leveling up, do one more barefoot stride than last week. If leveling down, do one less.</p> <p>The only other post-run work are our standard 8 ABCs.</p>	<p>If you can't make it to the lake trail, this can just be an easy run anywhere.</p> <p><b>Green</b> should do about 10-12 minutes of easy running.</p> <p><b>Blue</b> and <b>Gold</b> should do new duration for level.</p> <p>Afterwards, do the progression of strides on either the lake levee or on a ballfield or the track. You can find this on the website. If you've already made it to Set C, stay there for this week. Otherwise, move to the next set.</p> <p>Mostly the same post-run work as Monday with a few changes in the ABCs.</p>	<p>Long run. You can do any route. I would recommend some sort of out-and-back where you turn around halfway through your duration. But if you want some routes, here are options that start from some popular locations in town.</p> <ul style="list-style-type: none"> <li>• <a href="#">City Park</a></li> <li>• <a href="#">Soccer Park</a></li> </ul> <p><b>Green:</b> four 25s strides during the latter part</p> <p><b>Blue:</b> still 4 x 25s strides in the last 20 minutes or so.</p> <p><b>Gold:</b> 5 x 25s strides</p> <p>Same post-run work as on Tuesday.</p> <p>If you want a team breakfast, maybe you could go to Hoeckele's, Park-Et, or someone's house.</p>