

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 2, 4 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	5 min WU, Progression at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Level 1, 3 x BS, ABCDFGHI	Easy Run at Level 2, PS, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIMV	Long Run at Level 2 w/ 4x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
	Easy Run at Assigned Level, 5 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	10 min WU, Progression 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+
	Easy Run at Assigned Level, 6 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	15 min WU, Progression at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level, 5 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>Green: If you completed Level 1 last week, move up to Level 2 durations/assignments for today and the rest of the week.</p> <p>Blue and Gold: 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 as last week.</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, run a warmup at easy pace for the assigned duration.</p> <p>Progression runs are made of consecutive segments that start close to long run pace and get progressively faster, with the last one at 5k effort. Your level provides the structure. For example, "10-5-5" means a 10-minute segment at long-run pace followed by a 5-minute segment slightly faster and ending with a 5-minute segment at 5k effort. 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>Everyone should run the assigned duration for their level. 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>All should do assigned duration.</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. Everyone should spend two weeks at Set C. If you've already done this, you may move on to Set D.</p> <p>Mostly the same post-run work as Monday with a few changes in the ABCs.</p>	<p>Everyone should do the long run at their assigned duration. 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"> • City Park • Soccer Park <p>Green: 4 x 25s strides during the latter part</p> <p>Blue and Gold: 5 x 25s strides in the last 20 minutes or so.</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>