

		First workout	Second workout	Notes
Sunday		RUN Long Run, alternating weeks on treadmill & hills <i>Flat Treadmill one week (or land)</i> 10min w/u 10min comfortable, stride rate > 90 10min at 0.5mph faster, stride rate > 96 10min at 0.5mph faster again, stride rate > 96 10min c/u, stride rate > 90 -- alternating with – <i>Hill Run following week</i> 15min easy w/u + 15min easy c/d 40min of <ul style="list-style-type: none"> • All up-hills hard • Downs and flats moderate • Stride rate > 96 	SWIM 15x100m <ul style="list-style-type: none"> • All easy recovery to flush out from the run • Use paddle + pb 15sec rest	LONG RUN: You are using the long run as an opportunity to drill in a faster stride rate by running on a flat treadmill. Alternating with hills each weekend to get outside, to train in the hills and to work some strength! Keep stride rate high all the time!!! SWIM: Start incorporating the swim here at the end of the weekend as a recovery workout to flush out your system and speed up recovery for the next week.
	Week 1	30min easy run on land	Optional	
	Week 2	40min easy run on treadmill	Optional	
	Week 3	40min hilly run, land	SWIM as above	
	Week 4	40min easy run, treadmill / flat land	SWIM as above	