



# TRAINING WITH CAROLYN



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This plan is for those that have been comfortably running for 3-4 months and are able to run 4 times weekly for at least 30 minutes to start. Every run should be started with a dynamic warm up for 5-10 minutes followed by an easy warm up mile. For every run except Tuesdays, you will be running at your “easy pace”. This should feel comfortable and you should be able to carry on a conversation.

Mondays are rest days.

Tuesdays are speed days.

Wednesdays and Fridays are strength training days. I recommend doing upper body on Friday and lower body on Wednesdays.

Thursdays are an easy run for time

Saturday is the long run day except for recovery weeks it is moved to Sundays.


Sunday is an easy recovery run.

WU = warmup, CD = cooldown


Strides = quick acceleration where you gradually work up to 95% effort and then slow back down over the course of the 20 seconds, typically about 100 m in length.






Day	Session	Details	
Week 1			
Monday	REST		
Tuesday	RUN	1 Mi WU, 10x1 min FAST with 90 seconds jog recovery in between, 1 mile CD.	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	30 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	RUN	40 minute run	
Sunday	RUN	30 minute run at easy pace	
Week 2			
Monday	REST		
Tuesday	RUN	1 mi WU, 4x800m @5K pace with equal jog recovery in between, 1 mile cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	30 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	RUN	50 minute run	
Sunday	RUN	35 minute run	
Week 3			
Monday	REST		
Tuesday	RUN	1 mi WU, 8x30s hill repeats @85% effort with recovery jog down, 4x1 min FAST with 90 seconds R, 1 mile cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	40 minute run with 4x20 second strides with 90 seconds jog recovery in between	
Friday	STRENGTH TRAINING	Quicker than previously	
Saturday	RUN	50 minute run	
Sunday	RUN	35 minute run	
Week 4			
Monday	REST		
Tuesday	RUN	1 mi WU, 10x400m @85% effort with 2 minute jog recovery, 1 mi cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	40 minute run with 4x20 second strides with 90 seconds jog recovery in between	
Friday	STRENGTH TRAINING		
Saturday	RUN	40 minute run	
Sunday	RUN		



Day	Session	Details	
Week 5			
Monday	REST		
Tuesday	RUN	1 mile WU, 10x2 min FAST with 2 min jog recovery, 1 mile cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	40 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	RUN	50 minute run	
Sunday	RUN	35 minute run	
Week 6			
Monday	REST		
Tuesday	RUN	1 mile WU, 10x2 min FAST with 2 min jog recovery, 1 mile cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	RUN	50 minute run	
Sunday	RUN	35 minute run	
Week 7			
Monday	REST		
Tuesday	RUN	2 mile WU, 6x45 second hill repeats @85% effort with recovery jog down, 1	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	RUN	60 minute run	
Sunday	RUN	35 minute run	
Week 8			
Monday	REST		
Tuesday	RUN	1 mile WU, 6x3 min FAST with 3 min recovery, 1 mile cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	REST		
Sunday	RUN	35 minute run	



Day	Session	Details	
Week 9			
Monday	REST		
Tuesday	RUN	40 minute run with 4x20 second strides with 90 seconds jog recovery in between	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	50 minute run with 4x20 second strides with 90 seconds jog recovery in between	
Friday	STRENGTH TRAINING		
Saturday	RUN	65 minute run	
Sunday	RUN	35 minute run	
Week 10			
Monday	REST		
Tuesday	RUN	1 mi WU, 6x800m @5K pace with equal recovery jog in between, 1 mile cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	50 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	RUN	70 minute run	
Sunday	RUN	35 minute run	
Week 11			
Monday	REST		
Tuesday	RUN	1 mile WU, 4x5 minutes @10K pace with 2 minute recovery jog in between, 1 mi cool down	
Wednesday	STRENGTH TRAINING		
Thursday	RUN	50 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
Friday	STRENGTH TRAINING		
Saturday	RUN	70 minute run	
Sunday	RUN	35 minute run	
Week 12			
Monday	REST		
Tuesday	RUN	1 mi WU, 4x400m FAST with 90s recovery jog in between, 1 mi cool down	
Wednesday	REST		
Thursday	RUN	35 minute run	
Friday	REST		
Saturday	RUN	10K Race	
Sunday	REST		