

TRAINING WITH CAROLYN

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 WEEV 1	SESSION	DETAILS
WEEK 1 MONDAY	REST	
TUESDAY	RUN	1 Mi W U, 10x1 m in FAST with 90 seconds jog recovery in between, 1 m ile 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	DECT	
MONDAY	REST	1 : W.II. / 000 @FI/
TUESDAY	RUN	1 m i W U, 4x800m @5K pace with equal jog recovery in between, 1 m ile 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 m inute 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 OTDENICTU TRAINING	40 m inute run with 4x20 second strides with 90 seconds jog recovery in between
FRIDAY	STRENGTH TRAINING	Quicker than previously
SATURDAY	RUN	50 minute run
SUNDAY WEEK 4	RUN	35 m inute run
MONDAY	REST	
TUESDAY	RUN	1 mi W U, 10x400m @85% effort with 2 minute jog recovery, 1 mi cool down
WEDNESDAY	STRENGTH TRAINING	
THURSDAY	RUN CTDENCTH TRAINING	40 m inute run with 4x20 second strides with 90 seconds jog recovery in between
FRIDAY	STRENGTH TRAINING	
CATIIDNAV	RUN	40 minute run
SATURDAY		40 IIIIIIULE IUII
SUNDAY	RUN	

DAY	SESSION	DETAILS	Mizuno.
WEEK 5 MONDAY	DECT		
	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 m inute run	
SUNDAY	RUN	35 m inute 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 m inute run	
WEEK 7			
MONDAY	REST		
MONDAY TUESDAY	REST	2 mile WU, 6x45 second hill repeats @85% effort with recovery jog down, 1	
		2 mile WU, 6x45 second hill repeats @85% effort with recovery jog down, 1	
TUESDAY	RUN	2 mile WU, 6x45 second hill repeats @85% effort with recovery jog down, 1 45 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
TUESDAY WEDNESDAY	RUN STRENGTH TRAINING		
TUESDAY WEDNESDAY THURSDAY	RUN STRENGTH TRAINING RUN		
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING	45 minute run with 4x20 second strides with 90 seconds jog recovery in between.	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8 MONDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run 35 minute run	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8 MONDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run 35 minute run	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8 MONDAY TUESDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN RUN REST RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run 35 minute run	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8 MONDAY TUESDAY WEDNESDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN REST RUN STRENGTH TRAINING	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run 35 minute run 1 mile WU, 6x3 min FAST with 3 min recovery, 1 mile cooldown	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8 MONDAY TUESDAY WEDNESDAY THURSDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN REST RUN STRENGTH TRAINING RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run 35 minute run 1 mile WU, 6x3 min FAST with 3 min recovery, 1 mile cooldown	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN RUN REST RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run 35 minute run 1 mile WU, 6x3 min FAST with 3 min recovery, 1 mile cooldown	
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY WEEK 8 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY	RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN REST RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN STRENGTH TRAINING RUN STRENGTH TRAINING REST	45 minute run with 4x20 second strides with 90 seconds jog recovery in between. 60 minute run 35 minute run 1 mile WU, 6x3 min FAST with 3 min recovery, 1 mile cool down 45 minute run with 4x20 second strides with 90 seconds jog recovery in between.	

DAY WEEK 9	SESSION	DETAILS
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 m inute run
WEEK 12		
MONDAY	REST	
TUESDAY	RUN	1 mi W U, 4x400m FAST with 90s recovery jog in between, 1 mi cool down
WEDNESDAY	REST	
THURSDAY	RUN	35 m inute run
FRIDAY	REST	
SATURDAY	RUN	10K Race
SUNDAY	REST	