

RUNNER'S WORLD

TRAINING: SMART COACH

Your current race time is: **0:36:00** for a **5 K**

Your distance training goal is: **5 K**

You currently train: **6 - 10 miles/week**

How hard you want to train: **Moderate**

Your long-run day: **Saturday**

Your training program Starts: **Monday, 7/12/2010** and Ends: **Sunday, 10/31/2010**

Length of your training schedule: **16 weeks**

Wk	Dat	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	7/12 7/18	Easy Run Dist: 2 mi @14:15	Rest / XT	Easy Run Dist: 2 mi @14:15	Rest / XT	Rest / XT	Easy Run Dist: 2 mi @14:15	Rest / XT	6 miles
2	7/19 7/25	Easy Run Dist: 2 mi @14:15	Rest / XT	Easy Run Dist: 2 mi @14:15	Rest / XT	Rest / XT	Easy Run Dist: 3 mi @14:15	Rest / XT	7 miles
3	7/26 8/1	Easy Run Dist: 2 mi @14:15	Rest / XT	Easy Run Dist: 3 mi @14:15	Rest / XT	Rest / XT	Easy Run Dist: 4 mi @14:15	Rest / XT	9 miles
4	8/2 8/8	Easy Run Dist: 2 mi @14:15	Rest / XT	Easy Run Dist: 3 mi @14:15	Rest / XT	Rest / XT	Easy Run Dist: 5 mi @14:15	Rest / XT	10 miles
5	8/9 8/15	Easy Run Dist: 2 mi @14:06	Rest / XT	Speedwork Dist: 5 mi, inc Warm: 3x800 in 5:36 w/400 jogs; Cool	Rest / XT	Rest / XT	Long Run Dist: 6 mi @14:06	Rest / XT	13 miles
6	8/16 8/22	Easy Run Dist: 2 mi @14:06	Rest / XT	Tempo Run Dist: 5 mi, inc Warm: 3 mi @ 12:30; Cool	Rest / XT	Rest / XT	Long Run Dist: 6 mi @14:06	Rest / XT	13 miles
7	8/23 8/29	Easy Run Dist: 2 mi @14:06	Rest / XT	Speedwork Dist: 5 mi, inc Warm: 2x1600 in 11:48 w/800 jogs; Cool	Rest / XT	Rest / XT	Long Run Dist: 7 mi @14:06	Rest / XT	14 miles
8	8/30 9/5	Easy Run Dist: 4 mi @14:06	Rest / XT	Easy Run Dist: 3 mi @14:06	Rest / XT	Rest / XT	Easy Run Dist: 3 mi @14:06	Rest / XT	10 miles
9	9/6 9/12	Easy Run Dist: 2 mi @13:58	Rest / XT	Speedwork Dist: 5 mi, inc Warm: 4x800 in 5:33 w/400 jogs; Cool	Rest / XT	Rest / XT	Long Run Dist: 7 mi @13:58	Rest / XT	14 miles
10	9/13 9/19	Easy Run Dist: 2 mi @13:58	Rest / XT	Tempo Run Dist: 6 mi, inc Warm: 4 mi @ 12:29; Cool	Rest / XT	Rest / XT	Long Run Dist: 8 mi @13:58	Rest / XT	16 miles
11	9/20 9/26	Easy Run Dist: 2 mi @13:58	Rest / XT	Speedwork Dist: 7 mi, inc Warm: 3x1600 in 11:40 w/800 jogs; Cool	Easy Run Dist: 2 mi @13:58	Rest / XT	Long Run Dist: 8 mi @13:58	Rest / XT	19 miles
12	9/27 10/3	Easy Run Dist: 4 mi @13:58	Rest / XT	Easy Run Dist: 4 mi @13:58	Rest / XT	Rest / XT	Easy Run Dist: 4 mi @13:58	Rest / XT	12 miles
13	10/4 10/10	Easy Run Dist: 2 mi @13:49	Rest / XT	Speedwork Dist: 6 mi, inc Warm: 5x800 in 5:29 w/400 jogs; Cool	Easy Run Dist: 2 mi @13:49	Rest / XT	Long Run Dist: 9 mi @13:49	Rest / XT	19 miles
14	10/11 10/17	Easy Run Dist: 2 mi @13:49	Rest / XT	Tempo Run Dist: 7 mi, inc Warm: 5 mi @ 12:28; Cool	Easy Run Dist: 2 mi @13:49	Rest / XT	Long Run Dist: 9 mi @13:49	Rest / XT	20 miles
15	10/18 10/24	Easy Run Dist: 2 mi @13:49	Rest / XT	Speedwork Dist: 8 mi, inc Warm: 4x1600 in 11:33 w/800 jogs; Cool	Easy Run Dist: 2 mi @13:49	Rest / XT	Long Run Dist: 10 mi @13:49	Rest / XT	22 miles
16	10/25 10/31	Rest / XT	Easy Run Dist: 2 mi @14:15	Rest / XT	Speedwork Dist: 5 mi, inc Warm: 3x800 in 5:39 w/400 jogs; Cool	Rest / XT	Rest / XT	Race Day Dist: 5 K @11:14 Time: 34:55	10 miles

LEGEND

Example What it Means