

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Easy 30 min	10 min WU 4x30sec z3:2min jg 10 min CD + Strength Train	Rest Day or Cross Train	Easy 30 min w/ 8 ST	Cross Train + Strength Train	Easy 40 min	Rest Day
Easy 30 min w/ 8 ST	15 min WU 4x1min Z3-4;2min jg 10min CD + Strength Training	Rest Day or Cross Train	Easy 30 min	Cross Train + Strength Train	Easy 40 min w/ 8 ST	Rest Day

Notes: ST= Strides. Can be performed at the beginning or end of a run 30sec on with 1-2min recovery.
 JG= Recovery jog. Zone 1
 Easy = Effort should be around Z1-Z2 or RPE no higher than 4
 Cross Training= around 30mins. Examples: hiking, incline walk on treadmill, cycling, swimming
 Strength Training = goal is at least 20mins 2x a week.



ENDURANCE
IBEX
 TRAINING