

Program 7: Elite

5 days of running per week

2 days of strength training per week

1 day of non-impact cardio cross training/intervals

Ideal for runners with 2+ years of experience who can train daily, like intensity, and are highly motivated

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1: 6/17	7 IRM (3)	8 SP + ST	8 SP	7 SP + ST	Easy 8	12 - 14	XT
Week 2: 6/24	8 IY	8 SP + ST	8 HI	8 SP + ST	Easy 6	12	XT
Week 3: 7/1	8 IRM (4)	8 SP + ST	8 HI	8 SP + ST	Easy 8	14	XT
Week 4: 7/8	8 IY (7)	8 SP + ST	9 HI	9 SP + ST	Easy 6	16	XT
Week 5: 7/15	8 IRM (5)	8 SP + ST	9 HI	9 SP + ST	Easy 8	12	XT
Week 6: 7/22	9 IY (8)	8 SP + ST	10 HI	10 SP + ST	Easy 6	16 - 18	XT
Week 7: 7/29	9 IRM (6)	8 SP + ST	10 HI	10 SP + ST	Easy 8	12 - 14	XT
Week 8: 8/5	9 IY (9)	8 SP + ST	10 HI	10 SP + ST	Easy 5	18 - 20	XT
Week 9: 8/12	10 IRM (6)	8 SP + ST	10 HI	10 SP + ST	Easy 10	12 - 14	XT
Week 10: 8/19	10 IY (10)	8 SP + ST	10 HI	10 SP + ST	Easy 4	20+	XT
Week 11: 9/2	10 IRM (6)	8 SP + ST	10 HI	10 SP + ST	Easy 8	12	XT
Week 12: 9/9	10 IY (10)	8 SP + ST	10 HI	10 SP + ST	Easy 6	22	XT
Week 13: 9/16	10 IRM (5)	8 SP + ST	10 HI	8 SP + ST	Easy 4	14 - 16	XT
Week 14: 9/23	8 YI (8)	8 SP + ST	9 HI	8 SP + ST	Easy 6	10 - 12	XT
Week 15: 9/30	6 YI (4)	6 SP + ST	6 HI	8 SP + ST	Easy 7	8 - 10	XT
Week 16: 10/7	SP	ST/XT	4 - 6	ST	3 - 4	2 - 3	RACE DAY

IY #: 800m lasso intervals. # indicates how many intervals

ST: Strength Train

XT: cross train (non impact cardio)

HI: Hill Intervals

SP: Steady Pace

T: Tempo run - 20 minutes of a hard pace in the middle of run

Highest Weekly Mileage: 64+

For more information, see training guides for specific activities on furey262.com