General Preparation Phase
Distance Runners Training Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobic Endurance	Short CR (fast)	Medium CR	Medium CR	Short CR	Medium CR	Long CR	Rest
Borg Rating	17-19	15-17	16-18	14-16	16-18	13-15	
Heat Rate	170-190	150-170	160-180	140-160	160-180	130-150	
General Strength	Circuit	Core	Circuit		Circuit	Core	
Speed	Tempo			Strides			
Flexibility	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch

Aerobic Endurance Volumes

								Total
A	20'-25'	20'-25'	20'-35'	rest	20'-25'	20'-35'	rest	100'-145'
B	20'-25'	20'-25'	30'-35'	20'-25'	30'-35'	20'-25'	rest	140'-170'
C	20'-25'	30'-35'	30'-35'	20'-25'	30'-35'	40'-50'	rest	170'-205'
D	25'-30'	35'-40'	35'-40'	25'-30'	35'-40'	50'-60'	rest	205'-240'
E	30'-40'	40'-50'	40'-50'	30'-40'	40'-50'	60'-70'	rest	240'-300'
F	30'-45'	50'-60'	50'-60'	30'-45'	50'-60'	70'-80'	rest	310'-395'
extra	1x (30'-45')							
G	30'-45'	50'-70'	50'-70'	30'-45'	50'-70'	80'-90'	rest	350'-480'
extra	2 x (30'-45')							
H	30'-45'	50'-70'	50'-70'	30'-45'	50'-70'	70'-90'	rest	400'-570'
extra	4 x (30'-45')							
Intervals will be introduced in later part of phase to increase intensity								
Aerobic Power			10'-20'		10'-20'			
			Intervals		Intervals			