



Tiger Coaching and Personal Training Running Program

Tempo/Hill Workout Schedule

- Each Workout should include a 1.5mi warm-up which should include drills after .5 miles and 1mi cool down minimum
- Easy Running should be under 70% max HR
- Hill Workouts should be controlled, Good form, :45-1:00 duration, incorporate DT and UB Drills
- Target Times for Workouts should result in appropriate HR Zone

Week	Monday Workout	Thursday Workout
Dec. 27	6 mi – 5 mile Tempo Run (7:00-7:15 pace)	5 mi. – Easy
Jan 3	6 mi – Strides 12 x :30	3 mi – Easy
Jan 10	6 mi. – 1:30M x 1:30R	6 mi. - Easy
Jan 17	7 mi. – 4 x 1 mile repeats (6:55 pace)	6 mi. - 12 min. Hill Repeats
Jan 24	7 mi. – 2 x 1.5 mile (HR-80-90%)	7 mi. – 15 min. Hill Repeats
Jan 31	7 mi. – 5 mile Tempo Run (7:00-7:15)	7 mi. – 17 min. Hill Repeats
Feb 7	6 mi. – Easy Run	5 mi. – 12 min. Hill Repeats
Feb 14	8 mi. – 5 x 1 mile Repeats (6:50 pace)	7 mi. – 15 min. Hill Repeats
Feb 21	8 mi. – 6 mile Tempo Run HR – 70-85%	8 mi. – 17 min. Hill Repeats
Feb 28-R	9mi. – 8 mile Pace Run (7:26 pace)	7 mi. – Easy Run
Mar 7	10 mi – 3 x 2 mile Repeats HR-80-90%	8 mi. - 20 min. Hill Repeats
Mar 14	9 mi. – 8 mile Tempo Run (7:00-7:20 Pace)	5 mi. – Strides 12 x :30

The Sub-3:15 Marathon (7:26 pace per mile)

Intervals: miles in 6:06-6:25, $\frac{3}{4}$ mile in 4:27-4:49, $\frac{1}{2}$ mile in 2:53-3:12