Table 12.1   1,500-Meter to 2-Mile Training Plan for 30 miles (48 km) per Week   *(continued)*

	Phase IV		
Week	**Q1**	**Q2**	**Q3**
21	20 min **E** + steady 3 **T** + 8 ST + 20 min **E**	20 min **E** + 600 **R** + 600 jg + 2 × 400 **R** w/400 jg + 4 × 200 **R** w/200 jg + 10 min **E**	20 min **E** + 3 × 1 **T** w/2 min rests + 6 × 200 **R** w/200 jg (skip Q3 if weekend race coming)
22	60 min **L** + 8 ST	20 min **E** + 8 × 400 **R** w/400 jg + 10 min **E**	20 min **E** + 3 × 1 **T** w/1 min rests + 8 × 200 **R** w/200 jg + 10 min **E**
23	10 min **E** + 4 × 1 **T** w/1 min rests + 4 × 200 **R** w/200 jg + 10 min **E**	20 min **E** + 2 sets of (1 **T** + 400 jg + 4 × 200 **R** w/200 jg) + 1 **E**	10 min **E** + 2 × 1K **I** w/3 min jg + 4 × 400 **R** w/400 jg + 15 min **E** (skip Q3 if big race coming)
24	50 min **L** + 6 ST	10 min **E** + 2 × 200 **R** w/200 jg + 2 × 1 **T** w/2 min rests + 2 × 200 **R** w/200 jg + 10 min **E**	20 min **E** + ST + important race day

Table created by Jack Daniels' Running Calculator designed by the Run SMART Project.

TRAINING ON 45 MILES (72 KM) PER WEEK

Phase I.   Even though each week includes three Q sessions in phase I, none of the Q sessions are at all demanding, and I list them as Q sessions only because there is more than just an **E** run involved in each. One Q session is a relatively long **L**- or **Mod**-pace run, and some of the other two Q sessions include **R** 200s or strides (ST). Strides are 15- to 20-second light, quick runs that can be done on the flat or up a gradual hill if available, but they are *not* meant to be all-out sprints in nature. If doing strides on a hill, try to finish the final two on a flat area or track so you can feel good leg turnover and light, quick movement. Always take full recoveries between all strides, whether uphill or on the flat.

Mod pace is about 20 to 30 seconds per mile faster than you typically run on **E** and **L** runs. On all non-Q days, just take an **E** run of at least 30 minutes. Use **E** days to accumulate your desired weekly mileage; an **E** day may be no running if you can get in your weekly mileage without having to run every day. It is assumed that runners following this schedule have been running regularly for some weeks, and so the distances suggested are not too demanding.

Phase II.   During phase II, each week should have an **L** run (Q1), usually on Sunday, but you could also add several miles to the end of

a Saturday session if Saturday is not a stress day. For people running approximately 45 miles (72 km) per week, **L** runs should be 25 percent of weekly mileage; if the day after an **L** run is an **E** day of training, add six to eight ST to the end of that **E** day. Also, add six to eight ST to the end of two other **E** days of training each week. As usual, these strides can be on the flat or up a gradual hill, but be careful coming down from all uphill strides.

For Q2 and Q3 days listed for each week, try to have 2 **E** days between these 2 Q days. Every 2nd or 3rd week, if all is going well, it would be OK to add a fourth Q session to the week; if you do this, I recommend repeating Q1 as the Q4 session. In any week that you have, in addition to **L** (Q1), three more Q sessions, the best days for them might be Monday, Thursday, and Friday, which would leave Saturday or Sunday for the weekly **L** run. In weeks with just three Q sessions, Sunday plus Monday and Thursday or Sunday plus Tuesday and Friday would be best. Schedule a Q1 **L** run plus 6 ST in each of weeks 7 through 12.

Phase III.   In phase III, increase **R** pace by 1 second per 200, 2 seconds per 400, and 3 seconds per 600, compared with the speeds you were using in phase II. If all is going well, increase another 1 second per 200 after finishing the 3rd week of phase III. Set **I** pace either based on a recent race VDOT or as 6 seconds per 400 slower than the **R** pace you are currently handling well.

It is common to start racing during this phase of training. When there are races at the end of weeks 14, 16, or 18, eliminate either Q2 or Q3 and schedule only two Q sessions, plus the race, for that week, placing them on Monday and Wednesday (when a race comes Saturday) or Monday and Tuesday for a Friday race. On relatively easy race days, consider adding 6 × 200 **R** w/200 jg after your final race of the day.

Phase IV.   During phase IV, adjust training paces according to recent race-predicted VDOT values; if there have been no races to judge by, increase all training paces by 1 second per 400 of distance run. It is usual to have a weekend race most weeks of this training phase, so in weeks 19, 20, and 22, schedule Q2 and Q3 on Tuesday and Wednesday for Saturday races and skip either Q2 or Q3 when there is a Friday race. Going with back-to-back Q days is often better than having an **E** day between two Q days, so I definitely suggest trying back-to-back Q days before a Saturday race. Table 12.2 provides a summary of suggested training types and days for a 24-week plan, which can be reduced by some weeks if a full 24 weeks are not available. For numbers with no associated distances, assume **miles** (example: 2 **E** means 2 miles of easy running).

Table 12.2   1,500-Meter to 2-Mile Training Plan for 45 Miles (72 km) per Week

Phase I

Week	Q1	Q2	Q3
1	10 **L** + 6 ST	3 **E** + 4 **Mod** + 8 ST + 2 **E**	3 **E** + 8 ST + 2 **E**
2	10 **L** + 6 ST	4 **E** + 8 ST + 4 **E**	3 **E** + 8 ST + 3 **E**
3	8-10 **L** + 8 ST	3 **E** + 5 **Mod** + 8 ST + 2 **E**	4 **E** + 8 ST + 3 **E**
4	1 **E** + 8 **Mod** + 6 ST	2 **E** + 8 × 200 **R** w/200 jg + 3 **E**	3 **E** + 8 × 200 **R** w/200 jg + 2 **E**
5	10 **L** + 8 ST	2 **E** + 8 × 200 **R** w/200 jg + 3 **E**	3 **E** + 8 × 200 **R** w/200 jg + 2 **E**
6	1 **E** + 10 **Mod** + 8 ST	2 **E** + 8 × 200 **R** w/200 jg + 3 **E**	3 **E** + 8 × 200 **R** w/200 jg + 2 **E**

Phase II

Week	Q1	Q2	Q3
7	10 **L** + 6 ST	2 **E** + 12 × 200 **R** w/200 jg + 1 **E** + 2 × 400 **R** w/400 jg + 2 **E**	2 **E** + 6 × 400 **R** w/200 jg + 4 × 200 **R** w/200 jg + 2 **E**
8	10 **L** + 6 ST	2 **E** + 4 sets of (200 **R** + 200 jg + 200 **R** + 200 jg + 400 **R** + 400 jg) + 2 **E**	2 **E** + 10 × 200 **R** w/200 jg + 1 **E** + 6 × 200 **R** w/200 jg + 2 **E**
9	10 **L** + 6 ST	2 **E** + 4 × 200 **R** w/200 jg + 6 × 400 **R** w/400 jg) + 2 **E**	2 **E** + 4 × 200 **R** w/200 jg + 1 **E** + 4 × 600 **R** w/600 jg + 2 **E**
10	10 **L** + 6 ST	2 **E** + 5 sets of (200 **R** + 200 jg + 200 **R** + 400 jg + 400 **R** + 200 jg) + 2 **E**	2 **E** + 8 × 400 **R** w/400 jg + 2 × 200 **R** w/200 jg + 2 **E**
11	10 **L** + 6 ST	2 **E** + 4 × 200 **R** w/200 jg + 2 × 600 **R** w/600 jg + 4 × 200 **R** w/200 jg + 2 **E**	2 **E** + 4 ST + 2 × 600 **R** w/600 jg + 3 × 400 **R** w/400 jg + 4 × 200 **R** w/200 jg + 2 **E**
12	10 **L** + 6 ST	2 **E** + 6 × 200 **R** w/200 jg + 6 × 300 **R** w/300 jg + 2 **E**	2 **E** + 5 × 600 **R** w/600 jg + 2 **E**

Phase III

Week	Q1	Q2	Q3
13	10 **L**	2 **E** + 6 × 800 **I** w/400 jg + 2 **E**	2 **E** + 8 × 400 **R** w/400 jg + 2 **E**
14	2 **E** + 5 × 600 **R** w/600 jg + 4 × 200 **R** w/200 jg + 2 **E**	2 **E** + 5 × 1K **I** w/3 min jg + 6 ST + 2 **E**	2 **E** + 4 × 1 **T** w/2 min rests + 2 **E**
15	10 **L** + 8 ST	2 **E** + 6 × 3 min **H** w/2 min jg + 1 **E** + 4 × 200 **R** w/200 jg + 2 **E**	2 **E** + 5 × 600 **R** w/600 jg + 4 × 200 **R** w/200 jg + 2 **E**
16	2 **E** + 8 × 400 **R** w/400 jg + 2 **E**	2 **E** + 4 × 1K **I** w/3 min jg + 6 ST + 2 **E**	2 **E** + steady 3 **T** + 6 × 200 **R** w/200 jg + 2 **E**

Phase III

Week	Q1	Q2	Q3
17	10 L + 8 ST	2 E + 6 × 800 I w/400 jg + 4 × 200 R w/200 jg + 2 E	2 E + 5 × 600 R w/600 jg + 4 × 200 R w/200 jg + 2 E
18	2 E + 2 × 600 R w/600 jg + 3 × 400 R w/400 jg + 4 × 300 R w/300 jg + 2 E	2 E + 4 × 1,200 I w/3 min jg + 6 ST + 2 E	2 E + 4 × 1 T w/1 min rests + 4 × 200 R w/200 jg + 2 E

Phase IV

Week	Q1	Q2	Q3
19	10 L + 8 ST	2 E + 5 × 600 R w/600 jg + 2 E	2 E + 2 T + 4 × 200 R w/200 jg + 3 × 1 T w/1 min rests + 4 × 200 R w/200 jg + 2 E
20	10 L + 6 ST	2 E + 2 × 600 R w/1K jg + 2 × 400 R w/400 jg + 3 × 300 R w/300 jg + 2 E	2 E + 4 × 200 R w/200 jg + 4 × 400 R w/400 jg + 2 × 200 R w/200 jg + 2 E
21	2 E + 2 × 200 R w/200 jg + steady 3 T + 6 × 200 R w/200 jg + 2 E	2 E + 1,200 I + 800 jg + 600 R + 600 jg + 1 T + 400 jg + 2 × 200 R w/200 jg + 2 E	2 E + 4 × 1 T w/2 min rests + 6 × 200 R w/200 jg + 2 E (skip Q3 if weekend race coming)
22	10 L + 8 ST	2 E + 4 sets of (200 R + 200 jg + 200 R + 400 jg + 400 R + 200 jg) + 2 E	2 E + 3 T + 1 E + 6 × 200 R w/200 jg + 2 E
23	2 E + 3 sets of (1 T + 400 jg + 2 × 200 R w/200 jg) + 2 E	2 E + 3 × 1 T w/1 min rests + 4 × 200 R w/200 jg + 2 E	2 E + 2 × 1K I w/3 min jg + 4 × 400 R w/400 jg + 2 E (skip Q3 if weekend race coming)
24	8 L + 6 ST	2 E + 2 × 200 R w/200 jg + 3 × 1 T w/2 min rests + 2 × 200 R w/200 jg + 2 E	2 E + ST + important race day

Table created by Jack Daniels' Running Calculator designed by the Run SMART Project.