



TRAINING LOG



HARD WORK BEATS TALENT
WHEN TALENT DOESN'T WORK HARD



"Motivation is what gets you started.
Habit is what keeps you going."
-Jim Ryun

"Get out of your comfort zone
and learn to stay there."
-Robert Angel

"To give anything less than your
best is to sacrifice the gift."
-Steve Prefontaine

"I refuse to accept limits. The ones
you have, are the ones you impose
upon yourself."
-Craig Virgin

"Don't be afraid to give up the
good and go for the great."
-Steve Prefontaine

"Don't let fatigue make a
coward of you."
-Steve Prefontaine

JUNE

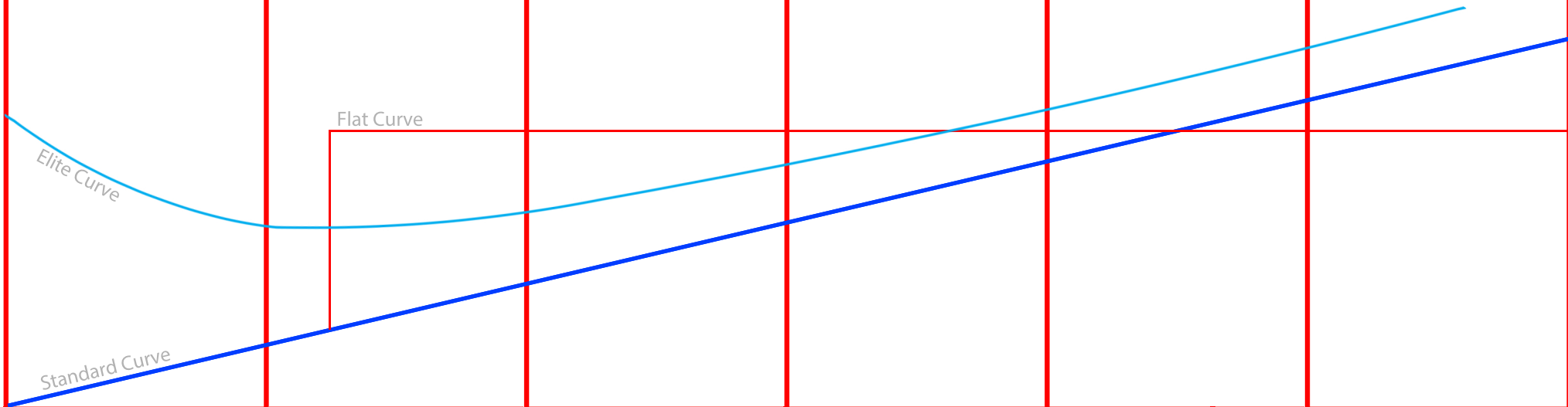
JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER



MIND SET	MAINTENANCE WORKOUTS AT THIS POINT RUNNING INJURY FREE IS MOST IMPORTANT	TRANSITION TO INTERVALS - START OXYGEN DEBT TRAINING QUICKER WORKOUTS, BACKING OFF OF STRENGTH TRAINING	INTENSE INTERVALS - SEVERE OXYGEN DEBT PUTTING IT ALL TOGETHER
CORE / WEIGHTS	WORK ON STRENGTH TRAINING DURING THIS PHASE DEVELOP MAJOR CORE MUSCLES	MAINTENANCE STRENGTH TRAINING - LESS REPS (PUSH-UPS, SIT-UPS, PLANKS)	MAINTENANCE STRENGTH TRAINING - LESS REPS (PUSH-UPS, SIT-UPS, PLANKS)
MILES PER WEEK	RUNNING 30 TO 50 MILES PER WEEK	RUNNING 40 TO 60 MILES PER WEEK	RUNNING 30 TO 45 MILES PER WEEK
PACE	CONVERSATIONAL PACE FOCUSED EFFORT	TAILORED TRAINING PACE INTENSE SPEED	TAILORED TRAINING PACE RACE EQUIVALENT SPEED
SLEEP	8+ HOURS	8+ HOURS	8+ HOURS
INTERVALS	LIGHT INTENSITY INTERVAL TRAINING ONE HILLY DAY AND ONE TEMPO DAY	RUN LONGER INTERVALS AT RACE PACE (800M-1600M) MEDIUM-MEDIUM/HIGH INTERVAL TRAINING	MIXED INTERVALS AT RACE PACE (400M-1600M) HIGH INTERVAL
STANDARD CURVE:	WORKING ON CORE / STRENGTH BUILDING A FOUNDATION TO TRAIN UPON IN THE COMING PHASES	TRANSITION TO LIGHT INTERVAL TRAINING MEDIUM-MEDIUM HIGH INTENSITY	FINAL PHASE OF INTENSE INTERVAL TRAINING MENTAL/PHYSICAL PEAKING
ELITE CURVE:	REST PERIOD FOR ELITE RUNNERS MAINTAIN BASE AND RE-ESTABLISH CORE STRENGTH	TRANSITION TO LIGHT INTERVAL TRAINING MEDIUM-MEDIUM HIGH INTENSITY	FINAL PHASE OF INTENSE INTERVAL TRAINING MENTAL/PHYSICAL PEAKING
FLAT CURVE:	INTENSE INTERVAL TRAINING TO JUMP START SEASON PRONE TO INJURY DUE TO LACK OF BASE	MAINTAIN HIGH LEVEL OF INTENSE TRAINING MENTAL CONFUSION ON ABILITY	PHYSICAL/MENTAL PEAKING NOT POSSIBLE MAINTAIN SAME LEVEL OF PERFORMANCE