

BLOCK #1

2-week introductory phase



Project PB starts with an introductory 2-weeks that is designed to help familiarize runners to the weekly training format that includes three (3) quality training sessions per week. Block 1 begins the athlete knowledge, confidence, and skill building process.

Block 1 Goal: Start developing multiple running speeds using general intensities (easy, moderate, fast).

Block 1 Challenge: The final workout in Block 1 includes 200m sprint (record time).

Remaining Days of the Week:

Tuesday: Functional or Strength Training (45-60min)

Thursday: Run/Jog 2 miles (easy), Athlete Choice, or Rest

Friday: Functional or Strength Training (45-60min)

Sunday: Rest Day or Yoga

General Intensities / Paces

	MONDAY	WEDNESDAY	SATURDAY
Block 1: Week 1 - 12 Weeks to Race	8 sets: 30sec at easy, Walk 15sec ----- Rest 1min ----- 8 sets: 30sec at easy, Walk 15sec ----- Rest 1min ----- 8 sets: 30sec at easy, Walk 15sec ----- Total: 12min + 6min walk	200m (or 1min) at moderate, 100m (or 30sec) jog (or walk), 400m (or 2min) at moderate, 200m (or 1min) jog (or walk), 600m (or 3min) at moderate, 300m (or 90sec) jog (or walk), 800m (or 4min) at moderate, 400m (or 2min) jog (or walk), 600m (or 3min) at moderate, 300m (or 90sec) jog (or walk), 400m (or 2min) at moderate, 200m (or 1min) jog (or walk), 200m (or 1min) at moderate, 100m (or 30sec) jog (or walk). ----- Total: 4200m	Part 1: 2 sets: 10min at easy (surge for 30sec at moderate every 3min), Rest 1min, 2min at fast, Rest 3min b/t sets Part 2: 8 sets: 8sec acceleration to controlled sprint** Walk 1min b/t sets ----- Total: 25min **Maintain control of running technique
Block 1: Week 2 - 11 Weeks to Race	4 sets: 500m (or 2min) at moderate, Rest 60sec, 500m (or 2min) at moderate, Rest 2min b/t sets ----- Total: 4000m	Part 1: 6 sets: 5 steps: "Start, Drive, & Accelerate" Rest 30sec, 50m (or 10sec) controlled sprint** 100m (or 1min) walk, Rest 2min after each set Part 2: 3 sets: 300m (or 75sec) at moderate, no rest, 300m (or 75sec) at mod/fast, 2min rest, 150m (or 30sec) at fast, no rest, 150m (or 30sec) controlled sprint** Rest: 2min b/t sets ----- Total: 3000m + 600m walk **Maintain control of running technique	1-mile (or 8min) at easy, Rest 2min, 400m (or 2min) at moderate, 100m (or 1min) walk, 200m (or 45sec) at fast, Rest 2-3min, 2 sets: 50m (or 10sec) controlled sprint** Full recovery, 100m (or 20sec) sprint** Full recovery (3+ minutes), 200m sprint (record time) ----- Total: 3100m + 100m walk **Maintain control of running technique

