

2nd Sole Spring Training Plan
Bay Days and Summer Races 2022
June

Week 1

5-31: 1.5 mile warmup, 2 sets of 400-300-200 @ 5k pace w/ 100m jog between reps, 400m walk/jog between sets, 1.5 mi cooldown

6-2: 1.5 mile warmup, 4 x (2 minutes hard, 1 minute easy), 1.5 mi cooldown

6-4: 50 minutes easy

Week 2

6-7: 1.5 mile warmup, 4 x 60 and 4 x 30 second hills w/ 2:30 rest per rep, 1.5 mi cooldown

6-9: 1.5 mile warmup, 5 x (2 minutes hard, 1 minute easy), 1.5 mi cooldown

6-11: 50-60 minutes easy

Week 3

6-14: 1.5 mile warmup, 3 x 1000 and 1 x 800 @ goal 10k pace w/ 2:00 rest, 1.5 mi cooldown

6-16: 1.5 mile warmup, 3 x mile @ goal half marathon pace w/ 1:00 rest per rep

6-18: 50-60 minutes easy

Week 4

6-21: 1.5 mile warmup, 8-10 x 400m @ goal 5k pace w/ :90 rest per rep

6-23: 1.5 mile warmup, 30-40-50-60-50-40-30 second hills w/ 2:00 rest per rep, 1.5 mi cooldown

6-25: 60 minutes easy

Week 7

6-28: 1.5 mile warmup, 4 x 400m and 3 x 300m @ goal 5k pace w/ :90 rest per rep

7-30: 45 minutes easy

7-2: 30-40 minutes easy