

# PaceWheel™ 1-mile/2-mile 24-Week Training Calendar

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 60' A
2	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
3	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
4	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 60' A
5	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
6	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
7	0	20 - 30' A	3 - 6 sets of 2 x 200 + 1 x 400 RE (equal jog rest)	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1000 VO <sub>2</sub> (equal rest time)	30 - 40' A	30 - 40' A	1 x 400 LT 1 x 800 LT 3 - 4 x 1000 LT (1-minute rests)
8	0	45 - 75' A	2 - 4 sets of 2 x 200 + 1 x 800 RE (equal jog rest)	30 - 40' A	30 - 40' A	30 - 40' A	2 x 400 LT (1-minute rests) 15 - 25' LT
9	0	45 - 75' A	3 - 6 sets of 2 x 200 RE 1 x 400 RE (equal jog rest)	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1000 VO <sub>2</sub> (equal rest time)	30 - 40' A	30 - 40' A	1 x 400 LT 1 x 800 LT 3 - 4 x 1000 LT (1-minute rests)
10	0	45 - 75' A	2 - 4 sets of 2 x 200 + 1 x 800 RE (equal jog rest)	30 - 40' A	30 - 40' A	30 - 40' A	2 x 400 LT (1-minute rests) 15 - 25' LT
11	0	45 - 75' A	3 - 6 sets of 2 x 200 RE 1 x 400 RE (equal jog rest)	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1000 VO <sub>2</sub> (equal rest time)	30 - 40' A	30 - 40' A	1 x 400 LT 1 x 800 LT 3 - 4 x 1000 LT (1-minute rests)
12	0	45 - 75' A	2 - 4 sets of 2 x 200 + 1 x 800 RE (equal jog rest)	30 - 40' A	30 - 40' A	30 - 40' A	2 x 400 LT (1-minute rests) 15 - 25' LT
13	45 - 75' A	30 - 50' A	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1200 (or 1000 if over 5:00) (equal rest time)	2 - 3 sets: 2 x 1000 LT (1 minute rest) 4 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	2 - 3 sets of: 1 x 800 RE + 2 x 400 RE + 4 x 200 RE (full recovery)
14	45 - 75' A	30 - 50' A	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1200 (or 1000 if over 5:00) (equal rest time)	2 - 3 sets: 2 x 1000 LT (1 minute rest) 4 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	2 - 3 sets of: 1 x 800 RE + 2 x 400 RE + 4 x 200 RE (full recovery)
15	45 - 75' A	30 - 50' A	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1200 (or 1000 if over 5:00) (equal rest time)	2 - 3 sets: 2 x 1000 LT (1 minute rest) 4 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	2 - 3 sets of: 1 x 800 RE + 2 x 400 RE + 4 x 200 RE (full recovery)
16	45 - 75' A	30 - 50' A	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1200 (or 1000 if over 5:00) (equal rest time)	2 - 3 sets: 2 x 1000 LT (1 minute rest) 4 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	2 - 3 sets of: 1 x 800 RE + 2 x 400 RE + 4 x 200 RE (full recovery)
17	45 - 75' A	30 - 50' A	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1200 (or 1000 if over 5:00) (equal rest time)	2 - 3 sets: 2 x 1000 LT (1 minute rest) 4 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	2 - 3 sets of: 1 x 800 RE + 2 x 400 RE + 4 x 200 RE (full recovery)

18	45 - 75' A	30 - 50' A	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1200 (or 1000 if over 5:00) (equal rest time)	2 - 3 sets: 2 x 1000 LT (1 minute rest) 4 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	2 - 3 sets of: 1 x 800 RE + 2 x 400 RE + 4 x 200 RE (full recovery)
19	45 - 75' A	1 x 800 VO <sub>2</sub> (400m jog rest)+ 1 x 800 RE (slow) 1 x 800 MD (fast) 4x 200 (800 pace) (full recovery)	30 - 50' A	3 x 1000 LT (2 minute rest) 4 - 8 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	Race + 4 x 200 RE <i>or</i> 2 - 3 sets of 2 x 200 RE + 1 x 1000 LT
20	45 - 75' A	40 - 50' A	2 - 3 sets of: 1 x 800 RE + 1 x 400 RE + 2 x 200 RE (equal jog rest)	3 x 1000 LT (2 minute rest) 4 - 8 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	Race + 4 x 200 RE <i>or</i> 2 - 3 sets of 2 x 200 RE + 1 x 1000 LT
21	45 - 75' A	1 x 800 VO <sub>2</sub> (400m jog rest)+ 1 x 800 RE (slow) 1 x 800 MD (fast) 4x 200 (800 pace) (full recovery)	30 - 50' A	3 x 1000 LT (2 minute rest) 4 - 8 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	Race + 4 x 200 RE <i>or</i> 2 - 3 sets of 2 x 200 RE + 1 x 1000 LT
22	30 - 50' A	40 - 50' A	2 - 3 sets of: 1 x 800 RE + 1 x 400 RE + 2 x 200 RE (equal jog rest)	3 x 1000 LT (2 minute rest) 4 - 8 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	Race + 4 x 200 RE <i>or</i> 2 - 3 sets of 2 x 200 RE + 1 x 1000 LT
23	30 - 50' A	1 x 800 VO <sub>2</sub> (400m jog rest)+ 1 x 800 RE (slow) 1 x 800 MD (fast) 4x 200 (800 pace) (full recovery)	30 - 50' A	3 x 1000 LT (2 minute rest) 4 - 8 x 200 RE (equal jog rest)	30 - 50' A	30 - 50' A	Race + 4 x 200 RE <i>or</i> 2 - 3 sets of 2 x 200 RE + 1 x 1000 LT
24	0 to 20' A	20 - 30' A	3 x 1000 LT (2 minute rest) 4 - 8 x 200 RE (equal jog rest)	20 - 30' A	20 - 30' A	20' A	Race

\* MD should use the slightly-faster "Middle Distance" values as indicated in weeks 19-24.

\* Wednesday Quality Days can be switched with Thursday if you are not sufficiently recovered after the Tuesday Workout.

\* A mid-week race in weeks 13 - 18 will substitute well for the Tuesday VO<sub>2</sub> training session.

\* Add 4 - 8 x 200 RE after a Saturday race in weeks 13 - 18

A=Aerobic Base Training

VO<sub>2</sub>=VO<sub>2</sub> Max Development

LT=Lactate Threshold Development

RE=Running Economy

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