

# PaceWheel™ 5k/10k 12-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 30 - 40' A	3 - 6 sets of 2 x 200 + 1 x 400 RE	1 x 400 LT 1 x 800 LT 3 x 1000 LT	30 - 40' A	30 - 40' A	60 - 80' A
5		0 30 - 40' A	3 - 6 sets of 2 x 200 + 1 x 400 RE	2 x 400 LT 15 - 25' LT	30 - 40' A	30 - 40' A	60 - 80' A
6		0 30 - 40' A	3 - 6 sets of 2 x 200 RE 1 x 400 RE	1 x 400 LT 1 x 800 LT 3 - 4 x 1000 LT	30 - 40' A	30 - 40' A	60 - 80' A
7	0 or 20' A	30 - 40' A	20 - 25' LT	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 3 x 1000 VO <sub>2</sub>	40 - 50' A	40 - 50' A	70 - 90' A
8	0 or 20' A	30 - 40' A	4 - 6 x 1000 LT	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 2 - 4 x 1000 VO <sub>2</sub>	40 - 50' A	40 - 50' A	70 - 90' A
9	0 or 20' A	30 - 40' A	20 - 25' LT	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 3 - 4 x 1000 VO <sub>2</sub>	40 - 50' A	40 - 50' A	90' A
10	0 or 20' A	40 - 50' A	1 x 400 VO <sub>2</sub> 1 x 800 VO <sub>2</sub> 3 - 4 x 1000 VO <sub>2</sub>	3 - 6 sets of 2 x 200 RE 1 x 400 RE	40 - 50' A	40 - 50' A	75' A
11	0 or 20' A	40 - 50' A	2 x 1000 LT 2 x 1000 VO <sub>2</sub> 2 x 400 RE 2 x 200 RE	3 - 6 sets of 2 x 200 RE 1 x 400 RE	40 - 50' A	40 - 50' A	60' A
12	0 or 20' A	2 x 1000 LT 2 x 1000 VO <sub>2</sub> 2 x 400 RE 2 x 200 RE	30 - 45' A	30 - 45' A	4 x 200 RE	20' A	Race

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

\* A midweek race (as are common during high school seasons) can replace a VO<sub>2</sub> or LT session, but if they fall on the day of an RE workout, move the RE workout to the other Quality Day.

\* Any Saturday race can be replaced with a race of 2 miles to 10km, but they should be supplemented with 30 to 45 minutes of Aerobic Base running after the race as a cooldown and to aid recovery.

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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