

Monday: 2-4 miles at an easy pace.

Tuesday: Take a rest day, as Wednesday is going to be a stress test.

Wednesday 4 laps to warm up, then a quick stretch
200, 400, 600, 800, 600, 400, 200. @ 5K pace with a 1/2 lap cool down between each. Picnic 10 picnic pushups between each of these repeats for building up the upper body. With the distance and intensity, squats are optional.
Cool Down with 2-4 laps. Total miles for today with warm up, intervals and ladder workout will exceed 4.5 miles, so if this is your longest run this season, you may want to adjust one or more of the repeats, such as dropping one of or both 600s.

Thursday: If you ran the Wednesday night workout, best to take a day to recover. If not, then plan for a 4-mile run at goal Lake Run pace.

Friday: Cross training day, light weights, cycling.

Weekend Run. 3-4 miles with a 1-2 minute stride out pickups. 12K runners plan for 4-6 miles with 3-30 second pickups.