

Weekly Training Plan

PERIOD: Prep

PHASE: General Prep

MESOCYCLE #: 3

WEEK: August 4-10

EVENT: Bridge Run - 5K

<div><div>Monday</div><div>8/4/2025</div><div>Type of Training: E</div><div>Mileage: 4 to 4</div><div>1) Run 4 miles @ Easy Pace 2) Strides</div></div>	<div><div>Tuesday</div><div>8/5/2025</div><div>Type of Training: BI</div><div>Mileage: 6 to 8</div><div>1) Run 2 miles warmup 2) Run 3 x 1200 @ 5k Pace (2:00 Recovery), 300 @ Mile Pace (4:00 Recovery) 3) Run 2 mile cooldown</div></div>	<div><div>Wednesday</div><div>8/6/2025</div><div>Type of Training: XT</div><div>Mileage: 0 to 0</div><div>Cross Training/Core Work/Yoga/Weight Training/Rest</div></div>																																				
<div><div>Thursday</div><div>8/7/2025</div><div>Type of Training: E</div><div>Mileage: 6 to 6</div><div>1) Run 6 miles @ Easy Pace</div></div>	<div><div>Friday</div><div>8/8/2025</div><div>Type of Training: XT</div><div>Mileage: 0 to 0</div><div>Cross Training/Core Work/Yoga/Weight Training/Rest</div></div>	<div><div>Saturday</div><div>8/9/2025</div><div>Type of Training: L</div><div>Mileage: 8 to 8</div><div>1) Run 8 miles @ Easy Pace</div></div>																																				
<div><div>Sunday</div><div>8/10/2025</div><div>Type of Training: XT</div><div>Mileage: 0 to 0</div><div>Cross Training/Core Work/Yoga/Weight Training/Rest</div></div>	<div><div>Intensity of load by day</div><div><div>High</div><div>Med</div><div>Easy</div><div>Rest</div></div><div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>Sa</td><td>Su</td></tr><tr><td></td><td>X</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>X</td><td></td><td></td><td>X</td><td></td><td>X</td><td></td></tr><tr><td></td><td></td><td>X</td><td></td><td>X</td><td></td><td>X</td></tr></table></div></div>		M	T	W	T	F	Sa	Su		X													X			X		X				X		X		X	<div><div>Mileage:</div><div>24 to 26</div></div>
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