

2021 Annapolis Striders A-10 Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of July 4	4 on your own	Rest	4 Easy	3 Hills	Rest	5	Rest
Week of July 11	6	Rest	4 Easy	5 Easy	4	5	Rest
Week of July 18	7	Rest	4 Speed	5 Easy	5	5	Rest
Week of July 25	8	Rest	4 Hills	5 Easy	6	5	Rest
Week of Aug 1	9	Rest	5 Speed	4 Easy	6	5 Tempo	Rest
Week of Aug 8	10	Rest	4 Hills	5 Easy	7	4 Easy	Rest
Week of Aug 15	8-12	Rest	4 Speed	5 Easy	7	5 Tempo	Rest
Week of Aug 22	10	Rest	3 Easy	4	Rest	2 Easy	Rest
Week of Aug 29	A-10 course (not race)	Rest	3 Easy	4	Rest	4	Rest

Easy = about 1-2 minutes slower than race pace

Tempo = race pace to 30 seconds slower than race pace

Hill – find an 800m long steady incline similar to the Naval Academy Bridge. Warm up for a mile do 4 800m hills followed by 800m recovery

Speed – short intervals 200-400m at about 30 sec to 1 minute faster than your a10 race pace