

women's Running 10-Week Training Plan for Speed

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	10–20 min in SPZ 1 + 5 x 30 sec building speed to SPZ 4 by the end of each rep w/1 min RI	4–5 x 3 min in SPZ 6 w/3 min RI	20–40 min recovery run at slower than SPZ 1	4 x 5 min in SPZ 3 w/2 min RI	OFF or 20–30 min in SPZ 1 + 5 x 10 sec fun sprints w/1 min RI	30–60 min in SPZ 1	OFF
2	10–20 min in SPZ 1 + 5 x 30 sec building speed to SPZ 4 by the end of each rep w/90 sec RI	4–5 x 3.5 min in SPZ 5 w/3 min RI	30–50 min in SPZ 1	6 x 45 sec building speed to SPZ 7 by the end of each w/2 min RI	OFF or 30–50 min in SPZ 1	20–30 min in SPZ 1, finishing with 15–30 in SPZ 2	OFF
3	30–50 min in SPZ 1	4–6 x 75–90 sec as steady as you can in SPZ 7 w/2 min RI	20–40 min recovery run at slower than SPZ 1	3–4 x 5 min in SPZ 4 w/2 min RI	OFF or 20–40 min recovery run at slower than SPZ 1	6–8 x 1 min building speed to SPZ 6 w/1 min RI; then finish with 10–20 min in SPZ 1	OFF
WEEK 4 IS A RECOVERY WEEK							
4	30–40 min in SPZ 1	30–40 min in SPZ 1	20 min in SPZ 1 + 6 x 30 sec building speed to SPZ 4 by the end of each w/1 min RI	OFF	30–40 min in SPZ 1	30–40 min in SPZ 2	OFF
5	20–30 min in SPZ 1 + 5 x 30 sec building speed to SPZ 4 by the end of each rep w/1 min RI	5–6 x 3 min in SPZ 6 w/3 min RI	20–40 min recovery run at slower than SPZ 1	3 x 8 min in SPZ 3 w/2 min RI	OFF or 20–30 min in SPZ 1	30–60 min in SPZ 1 finishing w/6 x 30 sec building to SPZ 7 by the end of each w/90 sec RI	OFF
6	30–50 min in SPZ 1	5–6 x 4 min in SPZ 5 w/3 min RI	20–40 min recovery run at slower than SPZ 1	8 x 45 sec building speed to SPZ 7 by the end of each w/2 min RI	OFF or 30–50 min in SPZ 1	30–60 min in SPZ 1	OFF
7	20–40 min in SPZ 1 + 5 x 30 sec building speed to SPZ 4 by the end of each rep w/90 sec RI	6–8 x 75–90 sec as steady as you can in SPZ 7 w/2 min RI	20–40 min recovery run at slower than SPZ 1	3–4 x 6 min in SPZ 4 w/2 min RI	OFF or 20–40 min recovery run at slower than SPZ 1	8–10 x 1 min building speed to SPZ 6 w/1 min RI; then finish with 10–20 min in SPZ 1	OFF
WEEK 8 IS A RECOVERY WEEK							
8	30–40 min in SPZ 1	30–40 min in SPZ 1	20 min in SPZ 1 + 6 x 30 sec building speed to SPZ 4 by the end of each w/1 min RI	OFF	30–40 min in SPZ 1	30–40 min in SPZ 2	OFF
9	30–40 min in SPZ 1	4–5 x 3.5 min in SPZ 6 w/3 min RI	20–30 min recovery run at slower than SPZ 1	8–10 x 1 min building speed to SPZ 7 w/1 min RI; then finish with 10–20 min in SPZ 1	OFF or 20–30 min recovery run at slower than SPZ 1	3 x 8 min in SPZ 3 w/3 min RI	OFF
10	30–40 min in SPZ 1	3 x 4 min in SPZ 5 w/3 min RI	20–30 min recovery run at slower than SPZ 1	OFF	20–30 min in SPZ 1	1-Mile Test	OFF