

The Three Hour Patch Sprint Training Schedule

<p><u>Week #1:</u> 4 Mile Slow Run 3 Mile Run (Hilly course or Treadmill incline) 45:00 Jog/Fast/walk Intervals (1) 30:00 Aerobic Cross Train (2) Cross Train (3) 2 Rest days (or easy walks)</p>	<p><u>Week #6:</u> 2-3 Mile Fast Run or 5K race 10 Easy Miles 3 x 1m Run (7:45 pace) - 800 Recovery Cross Train (3) 3 Rest days (or easy walks)</p>
<p><u>Week #2:</u> 5 Mile Slow Run 3 Mile Run (Hilly course or Treadmill incline) 45:00 Jog/Fast/walk Intervals (1) 40:00 Aerobic Cross Train (2) Cross Train (3) 2 Rest days (or easy walks)</p>	<p><u>Week #7:</u> M- 4 x 400 (7:00 pace) - 400 Recovery Tu- rest or Easy Cross Train W- 30:00 Tempo Run Th- rest F- 2 Mile Slow Run Sa- Half-Marathon, 15K race or Hard 10 mile Run Su- rest</p>
<p><u>Week #3:</u> 5 Mile Slow Run 4 Mile Tempo Run (4) 2 x 800 / 2 x 400 Run (all 7:30 pm pace w/ 400 recovery) 60:00 Aerobic Cross Train (with incline) Cross Train (3) 2 Rest days (or easy walks)</p>	<p><u>Week #8:</u> 3 Mile Slow Run 6 Mile Tempo Run or 5K / 10K race 8 x Hill Repeats (5) 2 hour Mountain Climb Cross Train (3) 2 Rest days (or easy walks)</p>
<p><u>Week #4:</u> 3 Mile Run 6 Miles (Negative Split- last half quicker than first) or 10K Race 6 x 400 Run (all 7:15 pm pace w/ 400 recovery) 75:00 Aerobic Cross Train (with incline) Cross Train (3) 2 Rest days (or easy walks)</p>	<p><u>Week #9:</u> 3 Mile Slow Run 7 Mile Slow Run with hills 5 x 800 Run (all 7:30 pm pace w/ 400 recovery) Jog a mile and Climb steep hill for 30-minutes (Outdoor or treadmill) Cross Train (3) 2 Rest days (or easy walks)</p>
<p><u>Week #5:</u> 3 Mile Run 8 Mile Run (Negative Split) 4 x Hill Repeats (5) 90:00 Aerobic Cross Train (with incline) Cross Train (3) 2 Rest days (or easy walks)</p>	<p><u>Week #10:</u> Monday- rest or walk Tuesday- 4 x 400 Intervals (all 7:15 pm pace w/ 400 recovery) Wednesday- 30:00 Easy run Thursday- rest Friday- 2 Mile slow jog Saturday- Patch Sprint - 2:53:12 Sunday- rest</p>

Guide

- (1)- Jog for 5:00. Run hard for 2:00. Walk for 2:00. Repeat 5 times
- (2) AEROBIC CROSS TRAINS are any form of exercise other than running, where the heart rate is elevated for the specified time. (Biking, Treadmill, Elliptical, Swim, etc.)
- (3) CROSS TRAINS: Any physical activity designed to recover from the rigors of the tougher workouts. (Walk, golf, easy hike, etc.)
- (4)- TEMPO RUN: Always begin and end with one mile jog, with middle (Tempo) done at close to 10K race pace
- (5) - HILL INTERVALS: Running Repeats of hill that takes 2-3 minutes to ascend. Jog or walk down. One mile easy run before and after repeats.