



SPEED TRAINING SCHEDULE FOR: 6 Week 2023 Summer Maintenance Plan

	THURSDAY 6PM RBAC	Every speed session includes 15 mins warm up before the workout and 15 mins cool down after the workout
1	June 1st	8-10x2 minutes @ 5k pace, 2 minute jog
2	June 8th	6-8x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
3	June 15th	8-12x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
4	June 22nd	3x1k @ 5k-10k pace, 3 mins rest, 4x500m @ 2 mile pace, 2 mins rest
5	June 29th	4-6x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
6	July 6th	<u>Modified "Michigan"</u> 1 mile @ 10k pace, 1k tempo @ half marathon pace, 1200m @ 5k pace, 1k tempo @ half marathon pace, 800m @ 2 mile pace, 1k tempo @ half marathon pace, 400m @ 1 mile pace, DONE (4.375 miles total)

PACE CHART

MARATHON	HALF PACE	10K PACE	5K PACE	2 MILE PACE	1 MILE PACE
6:00	5:44	5:28	5:16	5:05	4:45
7:00	6:42	6:23	6:10	5:59	5:36
8:00	7:42	7:20	7:04	6:53	6:27
9:00	8:42	8:17	7:59	7:47	7:20
10:00	9:42	9:14	8:54	8:41	8:14
11:00	10:42	10:12	9:49	9:36	9:08
11:30	11:12	10:41	10:17	10:03	9:35
12:00	11:42	11:10	10:44	10:31	10:02
13:00	12:41	12:09	11:40	11:26	10:57
14:00	13:40	13:07	12:36	12:21	11:52

Questions?

Email Coach De La Cruz:

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