

WU = Warm-up CD= Cool-down	Pace Workouts (P1, P2, P3, P4, P5, P6)	Tempo Workouts (T1,T2,T3,T4, T5, T6)
#1	<p style="text-align: center;">P1</p> 1 mile WU/8 to 12 x 200 meters with 1 minute slow jog or walk between each/1 mile CD	<p style="text-align: center;">T1</p> 1 Mile at long run pace followed by 2 miles at tempo pace finish with last mile at long run pace
#2	<p style="text-align: center;">P2</p> 1 Mile WU/6 to 12 x 400 meters with 2 minute jog or walk between each/1 mile CD	<p style="text-align: center;">T2</p> 1 Mile at long run pace followed by 3 miles at tempo pace finish with last mile at long run pace
#3	<p style="text-align: center;">P3</p> 1 Mile WU/6 to 8 x 600 meters with 1 minute jog or walk between each/1 Mile CD	<p style="text-align: center;">T3</p> 1 Mile at long run pace followed by 4 miles at tempo pace finish with last mile at long run pace
#4	<p style="text-align: center;">P4</p> 1 Mile WU/4 to 8 x 800 meters with 1:30 to 2 minute jog or walk between each/ 1 mile CD	<p style="text-align: center;">T4</p> 1 Mile at long run pace followed by 5 miles at tempo pace finish with last mile at long run pace
#5	<p style="text-align: center;">P5</p> 1 Mile WU/4 to 6 x 1200 meters (3 laps) with 2-3 minute walk or jog between each/ 1 mile CD	<p style="text-align: center;">T5</p> 1 Mile at long run pace followed by 6 miles at tempo pace finish with last mile at long run pace
#6	<p style="text-align: center;">P6</p> 1 Mile WU/4 to 6 x 1600 meters(mile repeat) with 3-4 minute rest between each/1 Mile CD	<p style="text-align: center;">T6</p> 1 Mile at long run pace followed by 8 miles at tempo pace finish with last mile at long run pace