

GCS Indoor track winter 2019

Note: The Hampshire Dome track is 312 meters. We will have a pace chart to help you convert this to your per/mile pace. ½ Marathon workout will help prepare you for New Bedford. Marathon workout is aimed towards Boston.

Week 1	5K workout	10-12 x 1-Lap (1-Lap Rest) 5k pace (I-pace, 85-95%MHR)
01/08/2019	½ Marathon/Marathon workout	5-6 x 3-Lap (1-Lap Rest) 5-10k pace (I-pace, 85-95%MHR - T-pace, 75-85%MHR)

Week2	5K workout	3 sets of the following 400 (200 rest) 5-10K pace (I-pace, 85-95%MHR) 2-Laps (1-Lap rest) 3-Laps (1-Lap rest)
01/15/2019	½ Marathon/Marathon workout	4-5 x 5-minute tempo (1 minute recovery)

Week3	5K workout	3 sets of the following 3-Laps (1-Lap rest) 5-10K pace (I-pace, 85-95%MHR) 2-Laps (1-Lap rest) 1-Lap (1-Lap rest)
01/22/2019	½ Marathon workout	2 sets of the following 4-Lap (1-Lap rest) 10K pace (T-pace, 75-85%MHR) 3-Laps (1-Lap rest) 2-Laps (1-Lap rest) 1-Lap (1-Lap rest)
	Marathon workout	5-6 x 3-Lap Interval pace (1 lap recovery)

Week4	5K workout	4 x 6 minutes at Tempo pace (1:15 recovery)
01/29/2019	½ Marathon workout	4 x 6 minutes at ½ marathon pace (1:15 recovery)
	Marathon workout	4 x 10-minute Tempo (2 minute recovery)

Week5	5K workout	5 x 3-Laps (1-Lap rest) 5K pace (I-pace, 85-95%MHR)
02/05/2019	½ Marathon/Marathon workout	2 x 15 minutes (2:30 rest) Optional of 4x200 at the end.

Week6 **5k workout**
02/12/2019

5-Laps @ Tempo (1-Lap rest)
4-Laps @ Interval (1-Lap rest)
3-Laps @ Interval (1-Lap rest)
2-Laps @ Speed(1-Lap rest)
1-Lap @ Speed

½ Marathon workout

5-Laps @ Tempo (1-Lap rest)
4-Laps @ Interval (1-Lap rest)
3-Laps @ Interval (1-Lap rest)
3-Laps @ Interval (1-Lap rest)
2-Laps @ Speed (1-Lap rest)
2-Laps @ Speed (1-Lap rest)
1-Lap @ Speed

Marathon workout 4 x 5-minute Tempo (1-minute recovery)
5 min recovery
3 x 5-minute Tempo (1-minute recovery)

Week7 **5K workout**
02/19/2019

3 sets of the following
400 (200 rest) 5K pace (I-pace, 85-95%MHR)
400 (200 rest)
800 (400 rest)

½ Marathon workout

4 x 6 minutes at ½ marathon pace (1:30 recovery)

Marathon workout 20-minute Tempo (10-minute recovery)
20-minute Tempo

Week8 **5K workout**
02/26/2019

400 (200 rest) 5K pace (I-pace, 85-95%MHR)
3-Laps (1-Lap rest)
4-Lap (2-Lap rest)
4-Lap (2-Lap rest)
3-Laps (1-Lap rest)
400

½ Marathon

2 x 10 minutes (2:00 rest)
Optional of 4x200 at the end.

Marathon workout 8 x 6-minute Tempo (45-second recovery)
