

GCS Indoor track winter 2020

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)

01/07/2020 **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)

01/14/2020 2-Laps (1-Lap rest)
3-Laps (1-Lap rest)

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)

01/21/2020 2-Laps (1-Lap rest)
1-Lap (1-Lap rest)

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)

01/28/2020 **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)

02/04/2020

½ Marathon/Marathon workout
2 x 15 minutes (2:30 rest)
Optional of 4x200 at the end.

Week6 **5k workout**
02/11/2020

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 4-minute Tempo (1-minute recovery)

Week7 **5K workout**
02/18/2020

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**
02/25/2020

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)

Week9
03/03/2020

5K workout 6 x 2-Laps (1-Lap rest) 2 to 3 seconds faster than 5K pace
(R-pace, 95-100%MHR)

½ Marathon workout
3 x 4-Laps (1-Lap rest) **1st @ 10k pace, 2nd @ 5k pace, 3rd @ Speed**

Marathon workout 4 x 10-minute Tempo (2-minute recovery)

Week 10
03/10/2020

5K workout 8 x 400 (200 rest) 2 to 3 seconds faster than 5K pace
(R-pace, 95-100%MHR)

½ marathon workout
6 x 2-Laps (1-Lap rest) 5K pace (I-pace, 85-95%MHR)

Marathon workout 15-minute Tempo (3-minute recovery)
15-minute Tempo (3-minute recovery)
12-minute Tempo

Georgios!

The following workout is a replacement workout in case the dome is closed due to the weather:

5K workout 5-minute warmup then 3-4 sets of the following
3-minute tempo (2-minute recovery)
5-10 minute cooldown.

½ Marathon/Marathon workout (Choose 1, depending on fitness/boredom factor)
5-10 minute warmup, then 4-5 sets of the following
8-minute tempo (2 minute recovery) **or**
5-minute hard (Interval/5K pace) (3-4 minute recovery)
5-10 minute cooldown.

Important Race Dates (Others TBD):

03/15/2020: New Bedford Half Marathon

03/29/2020: Eastern States 20-Miler

04/20/2020: 124th Boston Marathon

05/17/2020: Gate City Marathon and Half Matathon and Relay