

Tiger Off Season Running Program

Notes: Distances do not include warm-ups and cool-downs

***Athletes must complete 2 - 3 weeks at a level before advancement. ***

The level you start on is determined by previous experience and not ability!

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
A	1 mile	1	1	1	2	off	off	6
B	2 miles	2	2	2	3	off	off	11
	EZD/S/Hills	EZD	EZD/P/T/F	EZD	L	EZD		
C	3	3	3P	3	5	3 (wk 2 & 3)	off	17/20
D	4 or hills	4	4P	3	6	4	off	25
E	5 or hills	5	5P	4	7	5	off	31
F	6 or hills	6	5 (3T/F)	5	8	6	off	36
G	6 or hills	6	6 (4T/F)	6	9	6	off	39
H	7 or hills	7	7 (4T/F)	6	10	7	off	44
I	7 or hills	7	7 (4T/F) AM/ 4PM	6	11	7	off	49
J	7 or hills AM/4PM	7	7 (4T/F)AM/ 4PM	6	11	7	off	53

F =Fartleck

S = Striders, short intervals on a flat grassy area. Build up to the max. speed, maintain it at that pace with good form until end of interval.

TM = Timed mile

P = Pick up

T = Tempo/ Lactate Threshold (5k race pace + 30secs/mile)

EZD = easy day (5k race pace + 1min and 30 secs - 2min./mile)

L = Long Run (speed should be the same as EZD with some long runs a little quicker the last few miles)

Note: 2/days will only be run on work out days

