

Coach Mike
1/25/23

Recommended Weekly Structure

Hey all, Dylan wanted me to provide some information on how I recommend structuring a week of training. I am glad he suggested it because it is a great idea, hopefully it can provide some value no matter how experienced you are at running.

Off	Day of Week	50 miles	Notes						
2	Monday	4 miles	Easy run with 4-8 x 20/40 strides, 5-12% of weekly mileage						
	Tuesday	8 miles	Workout, with warmup and cooldown, 12-18% of weekly mileage						
	Wednesday	9 miles	Mid-week long run, about 10-18% of weekly mileage						
3	Thursday	6 miles	Easy run with 4-8 x 20/40 strides, 2-12% of weekly mileage						
4	Friday	8 miles	Workout, with warmup and cooldown, 12-18% of weekly mileage						
1	Saturday	3 miles	Easy run, 5-12% of weekly mileage						
	Sunday	12 miles	Long Run, about 20-25% of weekly mileage						

Here is how I would structure the training week for someone running 50 miles per week (mpw) in 7 days. Running 7 days a week is by no means required, it is very individual. On the far left in the "Off" column I listed the priority of days which I recommend taking off. So if you like to run 6 days per week then I recommend Saturdays off, and if you run 5 days then I recommend Mondays and Saturdays, and so on. In the column with the mileages listed those are a sampling of about how many miles I recommend for each day to hit 50mpw. In the notes I listed the purpose of each day with rough percentages for how to distribute your miles.

Please notice on the days before workouts I highly recommend doing some strides, generally for time efficiency I like to do those during my run towards the end. So if I am running 4 miles total, at 3 miles I would run a 20s stride then jog for 40s and repeat 4-8 times. Pacing on the stride can be anywhere from 10k pace to mile pace, just make sure you are going faster than your easy run pace and not all out sprinting. You will find these really help freshen up your legs for the workout the following day.

Deciding what mpw to run is a complicated question, so the simplest advice I can give is to start with a number you have been comfortable with in the past and then decide how you want to progress (more on this in my next message). I am happy to advise on this so reach out with any questions.