

**SPEED DEVELOPMENT “BUILD UP” SCHEDULE  
FOR RUNNERS AVERAGING  
+/-10-15 Miles/ Week**

<b>Week</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total</b>
<b>1</b>	2.5 Miles E	3 Miles E	REST	2.5 Miles E	REST	3 Miles E	REST	11 Miles
<b>2</b>	2.5 Miles E	3 Miles E	REST	3 Miles E	REST	3 Miles E	REST	11.5 Miles
<b>3</b>	2.5 Miles E	3 Miles E	REST	3 Miles E	REST	3.5 Miles E	REST	12 Miles
<b>4</b>	2.5 Miles E	3 Miles E	REST	3.5 Miles E	REST	3.5 Miles E	REST	12.5 Miles
<b>5</b>	3 Miles E	3 Miles E	REST	3.5 Miles E	REST	4 Miles E	REST	13.5 Miles
<b>6</b>	3 Miles E	3.5 Miles E	REST	3.5 Miles E	REST	4 Miles E	REST	14 Miles

**SPEED DEVELOPMENT “BUILD UP” SCHEDULE  
FOR RUNNERS AVERAGING  
15-20+ Miles/ Week**

<b>Week</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total</b>
<b>1</b>	<b>3 Miles E</b>	<b>3 Miles E</b>	<b>REST</b>	<b>4 Miles E</b>	<b>REST</b>	<b>6 Miles E</b>	<b>REST</b>	<b>16 Miles</b>
<b>2</b>	<b>3 Miles E</b>	<b>4 Miles E</b>	<b>REST</b>	<b>4 Miles E</b>	<b>REST</b>	<b>6 Miles E</b>	<b>REST</b>	<b>17 Miles</b>
<b>3</b>	<b>4 Miles E</b>	<b>4 Miles E</b>	<b>REST</b>	<b>5 Miles E</b>	<b>REST</b>	<b>7 Miles E</b>	<b>REST</b>	<b>20 Miles</b>
<b>4</b>	<b>4 Miles E</b>	<b>5 Miles E 4 x/ Strides</b>	<b>REST</b>	<b>5 Miles E 4 x/ Strides</b>	<b>REST</b>	<b>7 Miles E</b>	<b>REST</b>	<b>21 Miles</b>
<b>5</b>	<b>5 Miles E</b>	<b>5 Miles E 6 x/ Strides</b>	<b>REST</b>	<b>6 Miles E 6 x/ Strides</b>	<b>REST</b>	<b>8 Miles E</b>	<b>REST</b>	<b>24 Miles</b>
<b>6</b>	<b>5 Miles E</b>	<b>6 Miles E 8 x/ Strides</b>	<b>REST</b>	<b>6 Miles E 8 x/ Strides</b>	<b>REST</b>	<b>8 Miles E</b>	<b>REST</b>	<b>25 Miles</b>