

Seasoned Runners

Experienced Runner	Competitive Runner
Running 3 – 4 times a week with a 3 week cycle	Running 4 - 6 times a week or equivalent with a 3-4 week cycle
Tempo Run, Hill Work or rolling terrain, Long/Build Run	Tempo Run on rolling terrain, Pyramid on paces, Interval 1K repeats, Form run, Snowshoe run
Tempo Run, Fartleks or intervals, Long/Build run	Tempo Run on rolling terrain, Pyramid on paces, Hill repeats, Form run, Snowshoe run
Tempo run on rolling terrain, Fartleks or intervals, Long/Build Run	Tempo Run on rolling terrain, Pyramid on paces, intervals, Hill work, Form run, Snowshoe
Rest week – Easy runs at about 75% of distance/time with repeat of distance of long run	Could add a race in there, backing hours down by about 20% in total, could be additional day or two off

Experienced Runner meaning someone that want to finish strong, has been running for awhile and has maybe done a few events. Assuming you are at or close to your distance.

Competitive Runner meaning someone who is aiming for a podium or top finish, an aggressive PB time or to beat someone in particular. Assuming build is not required