

Coach Theo's **SIMPLE 4 Week** Running Program for SFSF



	Day 1: Speed/Power	Day 2: Tempo Work	Day 3: Slow and Steady Aerobic
WEEK 1	:30/:30's	4/3 Tempos	30 minutes slow and steady
WEEK 2	:45 second drills	5/3 Tempos	35 minutes slow and steady
WEEK 3	Pyramid	6/2 Tempos	35 minutes slow and steady
WEEK 4	:30/:30's	4 mile tempo repeats	35 minutes slow and steady