

Advanced Training Plan – Pace Doctrine

Purpose: Develop performance capacity and durability.

Day 1: Easy Run + Strides – 50–60 min + 6x20s

Comment: Neuromuscular efficiency.

Day 2: Threshold / Intervals

Comment: Controlled intensity; never forced.

Day 3: Recovery Run – 40–45 min

Comment: Flush, don't stress.

Day 4: Medium-Long Run – 70–80 min

Comment: Aerobic power.

Day 5: Easy Run – 45–50 min

Comment: Prepare for quality.

Day 6: Speed / Hills / CV

Comment: Sharpening session.

Day 7: Long Run – 90–120 min

Comment: Endurance and discipline.