

Gregg Lemos-Stein  
**Workouts: 1/14/2019 - 4/28/2019**



**Monday, January 14, 2019**

**Run - Recovery Run**

6 miles easy

Planned: 6 mi

**Tuesday, January 15, 2019**

**Run - Hills**

1 hour moderate 10x15second hills

Planned: 9 mi

walk down recovery. Hills run as fast as you can go without quite going max effort.

**Wednesday, January 16, 2019**

**Run - Moderate Run**

10 miles moderate effort

Planned: 10 mi

**Thursday, January 17, 2019**

**Run - Track Workout**

Club workout

Planned: 10 mi

**Friday, January 18, 2019**

**Rest Day**

**Saturday, January 19, 2019**

**Run - Fartlek**

Mona Fartlek

Planned: 9 mi ~ 1:00:00

after 2 to 3 mile warm up do a 20 minute fartlek, 2x90s, 4x60s, 4x30s, 4x15s with equal rest run at a steady/moderate pace. The 90s should be run at about 5k effort and as the efforts get shorter you try and run them faster. 2 mile cool down

**Sunday, January 20, 2019**

**Run - Medium long run**

Stepping Stone Run

Planned: 12 mi

12 miles of 1mile-7:40, 1mile-7:10, 1mile - 6:40 and alternate through 4 times. (you can do a mile or two warm up if needed to be ready to run 7:40)

**Monday, January 21, 2019**

**Run - Recovery Run**

**6 miles easy**

**Planned: 6 mi**

**Tuesday, January 22, 2019**

**Run - Track Workout**

**Club workout**

**Planned: 10 mi**

**Wednesday, January 23, 2019**

**Run - Moderate Run**

**10 miles moderate effort**

**Planned: 10 mi**

**Thursday, January 24, 2019**

**Run - Hills**

**1 hour moderate 10x15second hills**

**Planned: 9 mi**

walk down recovery. Hills run as fast as you can go without quite going max effort.

**Friday, January 25, 2019**

**Rest Day**

**Saturday, January 26, 2019**

**Run - Tempo Run**

**2 miles at 10k pace**

**Planned: 6 mi**

warm up as though it is your race. Don't go faster than goal pace instead if you are feeling good just try to relax at pace. 2 mile cool down

**Sunday, January 27, 2019**

**Run - Long Run**

**22 miles personal sensation**

**Planned: 22 mi**

When ever doing a 22 mile long run I suggest thinking of Lydiard and the leap forward in running he set in Motion. The 10k world record dropped more than 90 seconds in the decade during which his methods became wide spread. It would take another quarter century to drop it 30 seconds more....

**Monday, January 28, 2019**

**Run - Recovery Run**

**4 miles EASY**

**Planned: 4 mi**

**Tuesday, January 29, 2019**

**Run - Track Workout**

**Club workout**

**Planned: 10 mi**

only do half of the prescribed workout.

**Wednesday, January 30, 2019**

**Run - Recovery Run**

**4 miles EASY**

**Planned: 4 mi**

**Thursday, January 31, 2019**

**Run - Hills**

**30mins moderate 10x15second hills**

**Planned: 5 mi**

walk down recovery. Hills run as fast as you can go without quite going max effort.

**Friday, February 1, 2019**

**Rest Day**

**Saturday, February 2, 2019**

**Run - Recovery Run**

**30 mins easy with 4x100m strides**

**Planned: 4.5 mi**

**Sunday, February 3, 2019**

**Run - Race**

**London Winter 10K**

**Planned: 10 mi**

Goal 37mins

**Monday, February 4, 2019**

**Run - Recovery Run**

**20mins VERY EASY**

**Planned: 2.5 mi**

**Tuesday, February 5, 2019**

**Run - Hills**

**30mins moderate 10x15second hills**

**Planned: 5 mi**

walk down recovery. Hills run as fast as you can go without quite going max effort.

**Wednesday, February 6, 2019**

---

## **Run - Recovery Run**

6 miles easy

Planned: 6 mi

**Thursday, February 7, 2019**

## **Run - Track Workout**

Club workout

Planned: 10 mi

**Friday, February 8, 2019**

## **Rest Day**

**Saturday, February 9, 2019**

## **Run - Moderate Run**

10 miles moderate effort

Planned: 10 mi

**Sunday, February 10, 2019**

## **Run - Long Run**

18 miles 90% marathon pace

Planned: 18 mi

**Monday, February 11, 2019**

## **Run - Recovery Run**

6 miles easy

Planned: 6 mi

**Tuesday, February 12, 2019**

## **Run - Track Workout**

Club workout

Planned: 10 mi

**Wednesday, February 13, 2019**

## **Run - Moderate Run**

12 miles personal sensation

Planned: 12 mi

**Thursday, February 14, 2019**

## **Run - Lactate Threshold**

10xmile at half marathon pace with 3mins recovery

1 to 2 mile warm up and some strides first.

**Friday, February 15, 2019**

## Rest Day

Saturday, February 16, 2019

### Run - Moderate Run

10 miles moderate effort

Planned: 10 mi

Sunday, February 17, 2019

### Run - Long Run

16 miles at 80%mp, 8 to 10x1k at hmp

Planned: 23 mi

2mins recovery between 1k's

Monday, February 18, 2019

### Run - Recovery Run

6 miles easy

Planned: 6 mi

Tuesday, February 19, 2019

### Run - Fartlek

Kenyan Standard

Planned: 8 mi

20x1min fast 1min steady recovery. do a 1 to 3 mile easy jog warm up and a couple of strides first.

Wednesday, February 20, 2019

### Run - Moderate Run

12 miles personal sensation

Planned: 12 mi

Thursday, February 21, 2019

### Run - Track Workout

Club workout

Planned: 10 mi

Friday, February 22, 2019

## Rest Day

Saturday, February 23, 2019

### Run - Moderate Run

10 miles moderate effort

Planned: 10 mi

Sunday, February 24, 2019

## **Run - Long Run**

**tiger in the cat long run**

**Planned:** 18 mi

1 mile warm up, 2 miles at mp, then a fartlek of 1min, 2min, 3min, 4min, 5min, 5min, 4min, 3min, 2min, 1min with 5mins at 80%mp recovery between each effort.

**Monday, February 25, 2019**

## **Run - Recovery Run**

**6 miles easy**

**Planned:** 6 mi

**Tuesday, February 26, 2019**

## **Run - Track Workout**

**Club workout**

**Planned:** 10 mi

**Wednesday, February 27, 2019**

## **Run - Moderate Run**

**12 miles personal sensation**

**Planned:** 12 mi

**Thursday, February 28, 2019**

## **Run - Lactate Threshold**

**4x2 miles at half marathon pace with 3 to 4 mins recovery**

**Planned:** 11 mi

1 to 2 miles light jog and a few strides for a warm up.

**Friday, March 1, 2019**

**Rest Day**

**Saturday, March 2, 2019**

## **Run - Moderate Run**

**10 miles moderate effort**

**Planned:** 10 mi

**Sunday, March 3, 2019**

## **Run - Medium long run**

**12 miles at 90% marathon pace**

**Planned:** 12 mi

**Monday, March 4, 2019**

## **Run - Recovery Run**

**4 miles EASY**

**Planned: 4 mi**

**Tuesday, March 5, 2019**

**Run - Track Workout**

**Club workout**

**Planned: 10 mi**

just do half the workout

**Wednesday, March 6, 2019**

**Run - Recovery Run**

**4 miles EASY**

**Planned: 4 mi**

**Thursday, March 7, 2019**

**Run - Hills**

**30 mins easy and 6x15 second hill sprints**

**Planned: 4.5 mi**

**Friday, March 8, 2019**

**Rest Day**

**Saturday, March 9, 2019**

**Run - Recovery Run**

**30 mins easy with 4x100m strides**

**Planned: 4.5 mi**

**Sunday, March 10, 2019**

**Run - Race**

**Big Half marathon**

**Planned: 15 mi**

Target ~1:23

**Monday, March 11, 2019**

**Run - Recovery Run**

**20mins VERY EASY**

**Planned: 2.5 mi**

**Tuesday, March 12, 2019**

**Rest Day**

**Wednesday, March 13, 2019**

**Run - Recovery Run**

**4 miles EASY**

**Planned: 4 mi**

**Thursday, March 14, 2019**

**Run - Track Workout**

**Club workout**

**Planned: 8 mi**

like a half effort on this. I mean really take it super easy, find a group that is well below your normal standards and just tuck in and enjoy running slightly faster than your training runs.

**Friday, March 15, 2019**

**Rest Day**

**Saturday, March 16, 2019**

**Run - Recovery Run**

**6 miles easy**

**Planned: 6 mi**

**Sunday, March 17, 2019**

**Run - Marathon Pace**

**6x2 miles at mp with 1/2 mile recoveries at 90% mp**

**Planned: 18 mi**

1 to 2 miles warm up if needed.

**Monday, March 18, 2019**

**Run - Recovery Run**

**6 miles easy**

**Planned: 6 mi**

**Tuesday, March 19, 2019**

**Run - Hills**

**1 hour moderate 10x15second hills**

**Planned: 9 mi**

**Wednesday, March 20, 2019**

**Run - Moderate Run**

**12 miles personal sensation**

**Planned: 12 mi**

**Thursday, March 21, 2019**

**Run - Track Workout**

**Club workout**

**Planned: 8 mi**

**Friday, March 22, 2019**



## **Rest Day**

**Saturday, March 23, 2019**

### **Run - Moderate Run**

**10 miles moderate effort**

**Planned: 10 mi**

**Sunday, March 24, 2019**

### **Run - Long Run**

**24 miles at 95% marathon pace**

**Planned: 24 mi**

1 mile warm up ok if needed.

**Monday, March 25, 2019**

### **Run - Recovery Run**

**6 miles easy**

**Planned: 6 mi**

**Tuesday, March 26, 2019**

### **Run - Hills**

**1 hour moderate 10x15second hills**

**Planned: 9 mi**

**Wednesday, March 27, 2019**

### **Run - Moderate Run**

**12 miles personal sensation**

**Planned: 12 mi**

**Thursday, March 28, 2019**

### **Run - Track Workout**

**Club workout**

**Planned: 8 mi**

**Friday, March 29, 2019**

## **Rest Day**

**Saturday, March 30, 2019**

### **Run - Moderate Run**

**10 miles moderate effort**

**Planned: 10 mi**

**Sunday, March 31, 2019**

### **Run - Marathon Pace**

**5x3 miles at marathon pace with 1 mile at 90% marathon pace or bit quicker recovery**

**Planned: 20 mi**

1 to 2 miles warm up if needed is fine.

### **Monday, April 1, 2019**

#### **Run - Recovery Run**

**6 miles easy**

**Planned: 6 mi**

### **Tuesday, April 2, 2019**

#### **Run - Medium long run**

**12 miles progressing from 85 to 95% marathon pace**

**Planned: 12 mi**

a mile warm up if needed before this is ok.

### **Wednesday, April 3, 2019**

#### **Run - Moderate Run**

**12 miles personal sensation**

**Planned: 12 mi**

### **Thursday, April 4, 2019**

#### **Run - Track Workout**

**Club workout**

**Planned: 8 mi**

### **Friday, April 5, 2019**

#### **Rest Day**

### **Saturday, April 6, 2019**

#### **Run - Moderate Run**

**10 miles moderate effort**

**Planned: 10 mi**

### **Sunday, April 7, 2019**

#### **Run - Long Run**

**modified Dos Santos**

**Planned: 17 mi**

12 miles at 8:00 pace, 3 miles at marathon pace (6:50)- straight into 6x400m hill sprints jog recovery

### **Monday, April 8, 2019**

#### **Run - Recovery Run**

**6 miles easy**

**Planned: 6 mi**

**Tuesday, April 9, 2019**

**Run - Medium long run**

**12 miles progressing from 85 to 95% marathon pace**

**Planned: 12 mi**

a mile warm up if needed before this is ok.

**Wednesday, April 10, 2019**

**Run - Moderate Run**

**12 miles personal sensation**

**Planned: 12 mi**

**Thursday, April 11, 2019**

**Run - Track Workout**

**Club workout**

**Planned: 8 mi**

**Friday, April 12, 2019**

**Rest Day**

**Saturday, April 13, 2019**

**Run - Moderate Run**

**10 miles moderate effort**

**Planned: 10 mi**

**Sunday, April 14, 2019**

**Run - Marathon Pace**

**18 miles at 8:00 per mile 5x mile at mp, 400m hill max effort**

**Planned: 25 mi**

18 miles at around 8:00 per mile. then 5 sets of 1 mile at marathon pace then a 400m or so hard hill rep. walk or slow jog down the hill recovery and repeat.

**Monday, April 15, 2019**

**Run - Recovery Run**

**5 miles EASY**

**Planned: 5 mi**

**Tuesday, April 16, 2019**

**Run - Marathon Pace**

**4 miles at 90% mp, 3 miles at mp.**

**Planned: 8 mi**

optional 1 to 2 mile warm up.

**Wednesday, April 17, 2019**

## **Run - Recovery Run**

**5 miles EASY**

**Planned: 5 mi**

**Thursday, April 18, 2019**

## **Run - Track Workout**

**Club workout**

**Planned: 6 mi**

only HALF the workout

**Friday, April 19, 2019**

## **Rest Day**

**Saturday, April 20, 2019**

## **Run - Recovery Run**

**5 miles EASY**

**Planned: 5 mi**

**Sunday, April 21, 2019**

## **Run - Medium long run**

**12 miles at 80% marathon pace**

**Planned: 12 mi**

**Monday, April 22, 2019**

## **Run - Recovery Run**

**30 mins easy**

**Planned: 3.5 mi**

**Tuesday, April 23, 2019**

## **Run - Recovery Run**

**4 miles EASY**

**Planned: 4 mi**

**Wednesday, April 24, 2019**

## **Run - Marathon Pace**

**dress rehearsal**

**Planned: 4 mi**

warm up as you will for the race, then 2 miles at marathon pace, NO FASTER!!!!!!! optional 1 to 2 mile cool down.

**Thursday, April 25, 2019**

## **Run - Recovery Run**

**30 mins easy**

**Planned:** 3.5 mi

**Friday, April 26, 2019**

**Rest Day**

**Saturday, April 27, 2019**

**Run - Recovery Run**

**30 mins easy with 4x100m strides**

**Planned:** 4 mi

**Sunday, April 28, 2019**

**Run - Race**

**London Marathon**

**Planned:** 26.2 mi

Once more into the breach!

**Totals**

**Planned Run:** 832.70 mi ~ 1:00:00