

The Dave Workout  
Focus: 3-Mile Time

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>				
<i>Quarter Mile Run</i>	3x400 Meters	4x400 Meters	5x400 Meters	6x400 Meters
	<i>Goal: Speed training for strong finishes. Times 60 seconds or less.</i>			
<b>Tuesday</b>				
<i>Time Trial Run</i>	10 Mins Easy	10 Mins Easy	10 Mins Easy	10 Mins Easy
	10 Mins 75%	15 Mins 75%	15 Mins 80%	20 Mins 80%
	10 Mins Easy	5 Mins Easy	10 Mins Easy	5 Mins Easy
	<i>Goal: Pace Training. These runs reduce fatigue in a 3-mile race.</i>			
<b>Thursday</b>				
<i>Cross Training</i>	30 Mins Bike	30 Mins Swimming	5 x Dave Special	Rest Day
	<i>Goal: Semi-Rest day while still doing some cardio. No Running.</i>			
<b>Friday</b>				
<i>Long Run</i>	4 Miles	5 Miles	6 Miles	6 Miles
	<i>Goal: Comfortable pace increases endurance. Balances 400's.</i>			

**How to use this chart:**

Except for non-running days, precede and conclude each day with a half mile jog.

Always be sure to stretch 5 main groups of muscles roughly 20 seconds each:

Hamstrings                  Quads                  Calves                  Groin                  Glutes

**Goal:**

To decrease your time in a 3-Mile Run.

This chart assumes a Division Run on Wednesdays (3-5 mile run or 45 min cardio).

This workout targets 3 main areas: Lung Capacity, Endurance, and Speed.

Speed is increased in Quarter Mile Runs on Mondays.

Endurance is increased in Time Trial Runs and Long Runs.

Lung Capacity is increased in Cross Training.