Week 5: April 24-30
- 1 OD 90-110 minutes or 11-13 miles
- 2 Distance 60-75 minutes or 7-8 miles
- Interval workout #1 (7-8 miles)
- 3 Easy 40-50 minutes or 5-6 miles
- 1 Off
- 1 core
- 1 upper body strength routine
- **Weekly mileage ~50**

This is an excerpt from an Endurance Efficacy athlete's marathon training plan. All workouts for this particular athlete are running. The athlete uses the Training Schedule chart below to organize their week, scheduling the given workouts around their other commitments. Then they use the Training Log to keep track of when they actually did the workout, and any relevant notes.

Projected Weekly Schedule

Week: #5: 4/24-4/30   **Total Hours: 7** hr   **Total Load:** 7.25

	Workout One	Workout Two	Notes
Mon	Distance 60 min, 7 miles		
Tues	Intervals	Easy 40 min, 4.5-5 miles	
Wed	Off		Long work day
Thurs	Distance 70 min, 8.5 miles	Core and Upper Body strength	
Fri	Easy 40 min, 4.5-5 miles		
Sat	OD 100 min, 11 miles		
Sun	Easy 50 min, 6 miles		

See Training Log, next page

Below, the athlete tracks what they actually did for workouts. Notice their log differs slightly from their schedule, but it follows the general outline, making small changes as needed to fit fatigue and scheduling demands. The athlete fills in the weekly totals (hours, load, mileage) at the end of the week.

The athlete highlights their intensity workouts in red, and strength in blue, to make it easier to pick out individual workouts when reviewing their logs. Since this program is entirely running, the athlete also likes to track mileage, which they have included in "Other Weekly Notes."

Weekly Training Log

Week: #5: 4/24-4/30   **Total Hours:** 7 hours 10 min   **Total Load:** 7.25

Other Weekly Notes: ~48.5 miles

	Workout One	Workout Two	Notes
Mon	1 hour run on moderate terrain, felt good. About 7 miles		
Tues	1 hour run with 6x 90 seconds hill repeats, 4 min recovery. 20 min warmup, 10 warmdown	Easy 30 minutes. Was really hot, didn't feel too good	Same hill as previous hill workout, made it farther at same effort
Wed	Off	Off	Stressful day at work
Thurs	75 min run, felt tired at beginning but after 40 minutes felt strong. 8.5 miles	Strength, core and upper	Good shake-out after the last 2 days
Fri	Easy 50 min. Felt great!		Bad sleep last night, but still felt good training
Sat	OD 110 minutes, about 12 miles		Running on trails made pace a little slower
Sun	Easy 45 min. Kept it easy, feeling a little tired		

Download your own Training Outline and Training Log charts to get started scheduling your workouts more effectively. To learn more about the specific training tools and workouts shown in this example, check out The Ultimate Guide to Endurance Efficacy. And of course, to get your own custom training plan with weekly workouts including intervals, sport-specific strength, and injury-prevention, visit the Coaching Options page.