

The Core of DFDC Training:

THE BASIC PAAVO RUNNING PROGRESSIONS

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> | | | | | | | |
|-----------------------------------|--------------------------|----------------|------------------|-----------------------------------|--------------------|-----------------------|---------------|----|----|----|----|----|----|----|
| *Remember to log all of your runs | Long Run | Short PPM | CT | Long PPM | CT | 2 Runs: Timed Mile/CT | CT | | | | | | | |
| Alternative: | N/A | N/A | N/A | Hill Training or Cruise Intervals | Bike or Swim | N/A | N/A | | | | | | | |
| Target Pace: | Timed Mile + 1:50 | +0:50 | + 1:50 | PPM +0:50 Hills-Fast | + 1:50/ N/A | All-Out/ +1:50 | +1:50 | | | | | | | |
| 10 miles/week | 2 | 1 | 1 | 2+ | 1 | 2/2 | 1 | | | | | | | |
| 20 miles/week | 4 | 2 | 2 | 3+ | 2 | 3/3 | 3 | | | | | | | |
| 30 miles/week | 6 | 3 | 5 | 4+ | 4 | 4/4 | 4 | | | | | | | |
| 40 miles/week | 8 | 4 | 6 | 5+ | 5 | 4/5 | 6 | | | | | | | |
| 50 miles/week | 9 | 4 | 8 | 6+ | 7 | 5/5 | 6 | | | | | | | |
| 60 miles/week | 10 | 4 | 9 | 8+ | 8 | 6/6 | 9 | | | | | | | |
| 70 miles/week | 12 | 4 | 10 | 9+ | 8 | 6/7 | 10 | | | | | | | |
| Weekly Progressions: | 10 | 20 | 30 | 30 | 20 | 30 | 40 | 50 | 60 | 40 | 60 | 60 | 60 | 70 |

