

## GCS Indoor track winter 2024

**Note:** The Hampshire Dome track is 312 meters. We will have a pace chart to help you convert this to your per/mile pace. ½ Marathon workout will help prepare you for New Bedford. Marathon workout is aimed towards Boston. **\*\*Non-Competitive Runners should do a mix of Walk/Run during the “Run” part of the workouts, and Walk/Jog during the “Recovery” part of the workouts.**

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**Week 1**      **5K + Non-Competitive workout**  
6-10 x 1:30 (1:00 Recovery) 5k pace (I-pace, 85-95%MHR)

**01/09/2024**    **½ Marathon/Marathon workout**  
5-6 x 4:30 (1:30 Recovery) 5-10k pace (T-pace, 75-85%MHR)

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**Week2**      **5K + Non-Competitive workout 3 sets of the following**  
1:30 (1:00 Recovery) 5-10K pace (I-pace, 85-95%MHR)  
**01/16/2024**      3:00 (1:30 Recovery)  
4:30 (2:00 Recovery)

½ Marathon/Marathon workout  
4-6 x 5-minute tempo (1 minute recovery)

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**Week3**      **5K + Non-Competitive workout 3 sets of the following**  
4:30 (2:00 Recovery) 5-10K pace (I-pace, 85-95%MHR)  
**01/23/2024**      3:00 (1:30 Recovery)  
1:30 (1:00 Recovery)

½ Marathon workout + Marathon workout  
4-6 x 7:00 Interval pace ( 2:00 recovery)

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**Week4**      **5K + Non-Competitive workout**  
4 x 6 minutes at Tempo pace (1:15 recovery)

**01/30/2023**      **½ Marathon workout + Marathon workout**  
4 x 10-minute Tempo (2 minute recovery)

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**Week5**      **5K + Non-Competitive workout**  
5 x 4:30 (2:00 Recovery) 5K pace (I-pace, 85-95%MHR)

**02/06/2024**

½ Marathon/Marathon workout  
2 x 15 minutes (2:30 Recovery)  
Optional of 4x200 at the end.

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**Week6****5K + Non-Competitive workout****02/13/2024**

7:30 @ Tempo (1:30 Recovery)  
6:00 @ Interval (1:30 Recovery)  
4:30 @ Interval (1:30 Recovery)  
3:00 @ Speed (1:30 Recovery)  
1:30 @ Speed

**½ Marathon workout**

10:30 @ Tempo (1:30 Recovery)  
9:00 @ Tempo (1:30 Recovery)  
7:30 @ Tempo (1:30 Recovery)  
6:00 @ Interval (1:30 Recovery)  
4:30 @ Interval (1:30 Recovery)  
3:00 @ Speed (1:30 Recovery)  
1:30 @ Speed

**Marathon workout** 4 x 5-minute Tempo (1-minute recovery)  
5 min recovery  
3 x 4-minute Tempo (1-minute recovery)

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**Week7****5K + Non-Competitive workout 3 sets of the following****02/20/2024**

2:00 (1:00 Recovery) 5K pace (I-pace, 85-95%MHR)  
2:00 (1:00 Recovery)  
4:00 (2:00 Recovery)

**½ Marathon workout**

4 x 6 minutes at ½ marathon pace (1:30 recovery)

**Marathon workout**

20-minute Tempo (8-minute recovery)  
20-minute Tempo (Cooldown)

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**Week8****5K + Non-Competitive workout****02/27/2024**

2:00 (1:00 Recovery) 5K pace (I-pace, 85-95%MHR)  
4:30 (2:00 Recovery)  
6:00 (2:00 Recovery)  
6:00 (2:00 Recovery)  
4:30 (2:00 Recovery)  
2:00

**½ Marathon** 2 x 10 minutes (2:00 Recovery)  
Optional of 4x200 at the end.

**Marathon workout**

8 x 6-minute Tempo (45-second recovery)

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**Week9**

**5K + Non-Competitive workout**

6 x 3:00 (1:30 Recovery) 2 to 3 seconds faster than 5K pace  
(R-pace, 95-100%MHR)

**03/05/2024**

**½ Marathon workout**

3 x 6:00 (1:30 Recovery) **1st @ 10k pace, 2<sup>nd</sup> @ 5k pace, 3<sup>rd</sup> @ Speed**

**Marathon workout**

4 x 10-minute Tempo (2-minute recovery)

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**Week 10**

**5K + Non-Competitive workout**

8 x 2:00 (1:00 Recovery) 2 to 3 seconds faster than 5K pace (R-pace, 95-

100%MHR)

**03/12/2024**

**½ marathon workout**

6 x 3:00 (1:30 Recovery) 5K pace (I-pace, 85-95%MHR)

**Marathon workout**

15-minute Tempo (3-minute recovery)

15-minute Tempo (3-minute recovery)

12-minute Tempo

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**The following workout is a replacement workout in case the dome is closed due to the weather:**

**5K + Non-Competitive workout**

5-minute warmup then 3-4 sets of the following  
3-minute tempo (2-minute recovery)  
5-10 minute cooldown.

**½ Marathon/Marathon workout (Choose 1, depending on fitness/boredom factor)**

5-10 minute warmup, then 4-5 sets of the following  
8-minute tempo (2 minute recovery) **or**  
5-minute hard (Interval/5K pace) (3-4 minute recovery)  
5-10 minute cooldown.