

WEEK

5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 4 Miles	Core Endurance Training	Run 4 Miles	Core Endurance Training	Rest	Run 9 Miles

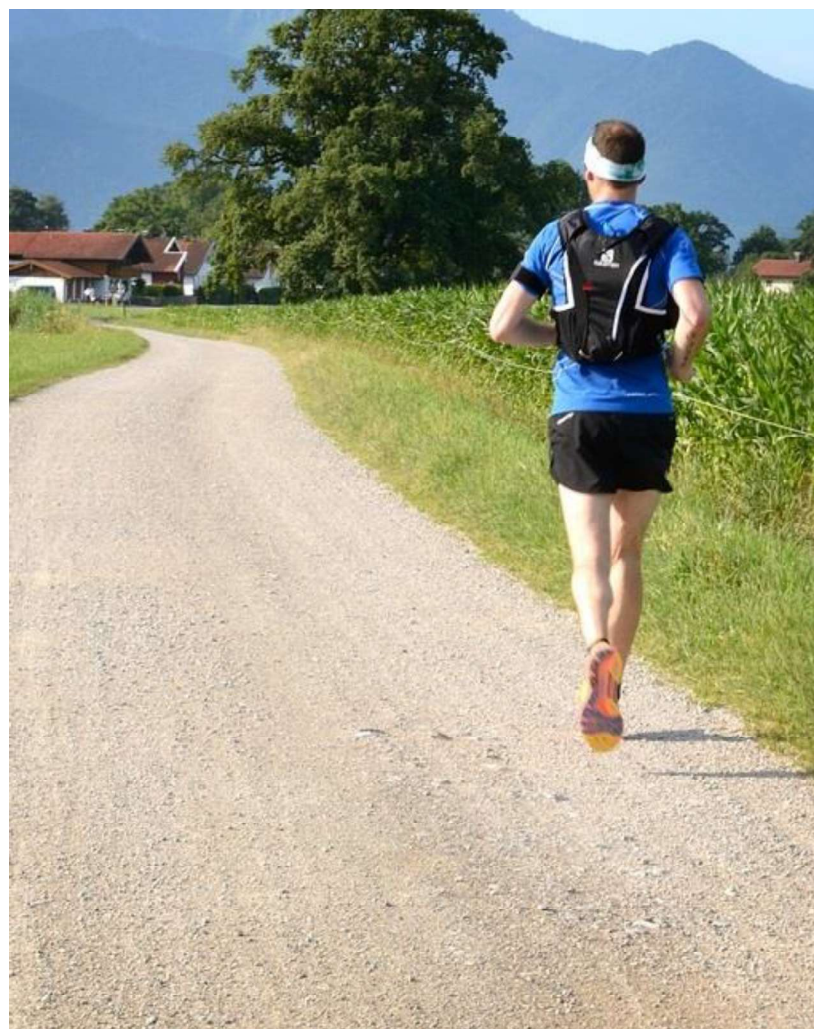
Building Endurance



After a week of rest, your body is recovered enough to start ramping up your miles again. You should still only run 3-4 times per week. One of those runs should be a long run. This week it will be 9 miles.

With each week, try to increase the mileage of your long run by about 10 percent. There is no substitute for gradual increase in mileage over several weeks. You can only build endurance gradually.

Several things are changing in your body as you run farther. Your slow-twitch muscles are developing the ability to fire longer without fatigue. Your bones and other tissues are becoming tougher. Your heart, lungs, and digestive system are becoming more efficient.



Energy Production

One of the most important changes is the increased ability of your muscles to store and break down molecules into energy.

Trained muscles can store more glycogen and fat, which are the primary molecules for production of ATP. They can also break it down more efficiently because there are more mitochondria in the fibers.

Distance running helps build your oxidative energy system, using more fat and preserving glycogen. Since your body can store a lot more fat than glycogen, this will help you run longer without fatigue.

If you have followed your training schedule, you should find that your energy level stays higher even when doing your long 9 mile run.

