

4	Competitive runners	Increase the variation of both intensity and duration of daily runs. Add intense workouts 1-3x per week	6-7 days per week	3-18+ miles (5-30k+) 30-150 minutes	Very easy to very intense	30-80+ mpw (45-125k+)	When easy recovery days approach 60 minutes of running
<p>Recovery days become increasingly important at this level. As you add higher intensity runs and longer runs (runs of quality) to your weekly schedule, be sure that you run easy on you recovery days and adequately recover before adding another run of quality.</p> <p>Once your body has adapted to the intensity of 2-3 workouts (runs of quality)per week at your baseline mileage, you can begin adding miles to your recovery days. When your recovery runs approach 60 minutes of easy running it is time to add secondary runs to your program.</p>							