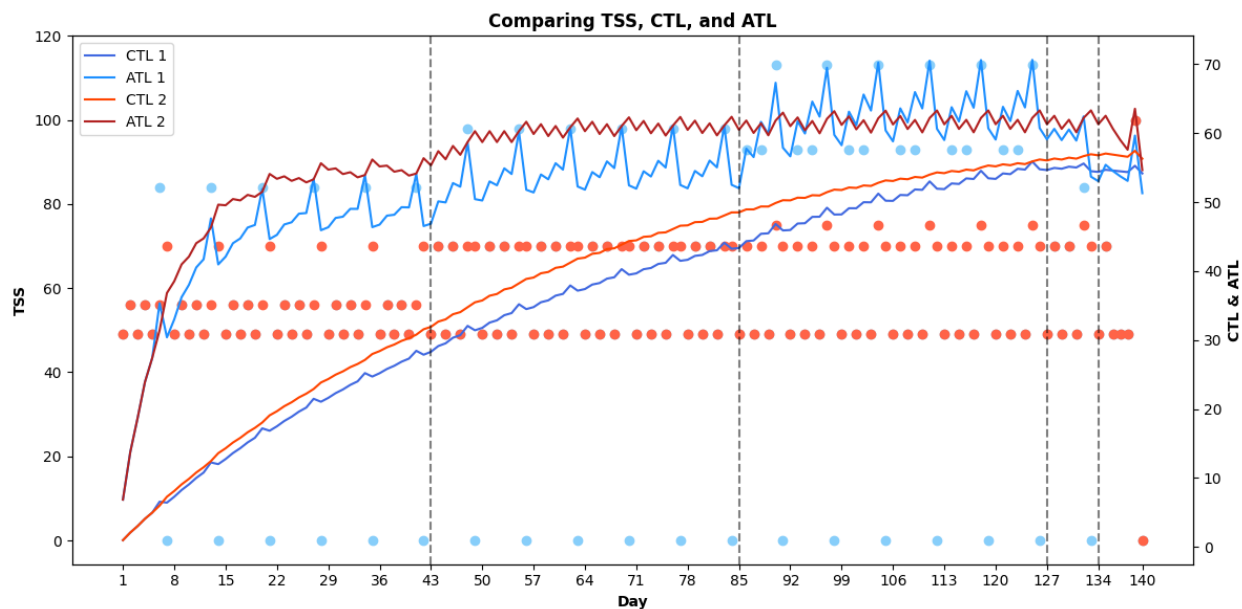




Below is the weekly structure and progression I used to generate the comparison. Keep in mind that while the workouts and intensity factors listed are specific, it's the TSS value that matters in using this method of analysis. So, you could vary the workout slightly and get the same TSS value, thus having no impact on the CTL and ATL. This culminates in a 60 minute race effort on day 139, with no running on day 140 (hence the sharp spike and then drop in ATL at the end).

Method 1 - 6 days per week: 3 easy, 2 workouts, 1 long run

- 6 weeks
 - 3*60 min at 0.70 IF
 - 2*60 min at 0.75 IF
 - 1*90 min at 0.75 IF
- 6 weeks
 - 3*60 min at 0.70 IF
 - 2*30 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
 - 1*105 min at 0.75 IF
- 6 weeks
 - 3*60 min at 0.70 IF
 - 2*45 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
 - 1*120 min at 0.75 IF
- 1 week

- 3*60 min at 0.70 IF
- 2*30 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
- 1*90 min at 0.75 IF
- 1 week
 - 4*60 min at 0.70 IF
 - 1*30 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
 - 1*60 min at 1.00 IF

Method 2 - 7 days per week: 3 easy, 3 workouts, 1 medium long

- 6 weeks
 - 3*60 min at 0.70 IF
 - 3*60 min at 0.75 IF
 - 1*75 min at 0.75 IF
- 6 weeks
 - 3*60 min at 0.70 IF
 - 3*30 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
 - 1*75 min at 0.75 IF
- 6 weeks
 - 3*60 min at 0.70 IF
 - 2*30 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
 - 1*30 min intervals at 1.00 IF with 15 min wu/cd at 0.70 IF
 - 1*75 min at 0.75 IF
- 1 week
 - 3*60 min at 0.70 IF
 - 2*30 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
 - 1*30 min intervals at 1.00 IF with 15 min wu/cd at 0.70 IF
 - 1*75 min at 0.75 IF
- 1 week
 - 4*60 min at 0.70 IF
 - 1*30 min intervals at 0.95 IF with 15 min wu/cd at 0.70 IF
 - 1*60 min at 1.00 IF