



#### HOW TO USE THIS PLAN

Each week contains seven daily bullets. Do the runs in order adding in rest and crosstraining as desired. We suggest shorter runs Monday, Tuesday, and Thursday with crosstraining on Wednesdays. Use the weekends for a long run and rest. Crosstraining options include: swimming, walking, cycling, or core work. HR/PE = Heart rate / perceived exertion.

# **JULY 28 - AUG 3**

- Run 1 30 minutes at 60-70% HR/PE
- Run 2 10 minutes warm up at 60-70% HR/PE. Run 10 x 1 minute at 80-85% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easv cool down.
- Run 3 30 minutes at 60-70% HR/PE
- Run 4 Long Run: Run 8 miles at 60-70% HR/PE
- 1 2 Crosstrain days
- 1 2 Rest days

# **AUGUST 4 - 10**

- Run 1 30 minutes at 60-70% HR/PE
- Run 2 10 minutes warm up at 60-70% HR/PE. Run 12 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 30 minutes at 60-70% HR/PE
- $\square$ Run 4 - Long Run: Run 9 miles at 60-70% HR/PE

1 - 2 Crosstrain days 1 - 2 Rest days

## **AUGUST 11 - 17**

- Run 1 30 minutes at 60-70% HR/PE
- Run 2 10 minutes warm up at 60-70% HR/PE. Run 14 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 30 minutes at 60-70% HR/PE
- Run 4 Long Run: Run 10 miles at 60-70% HR/PE

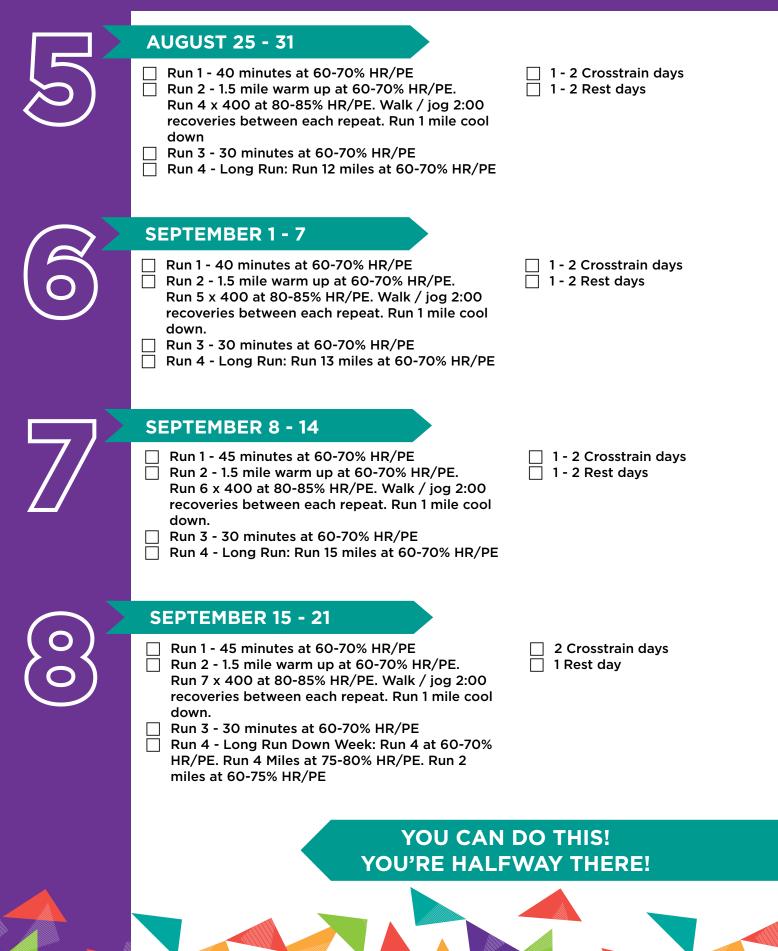
#### AUGUST 18 - 24

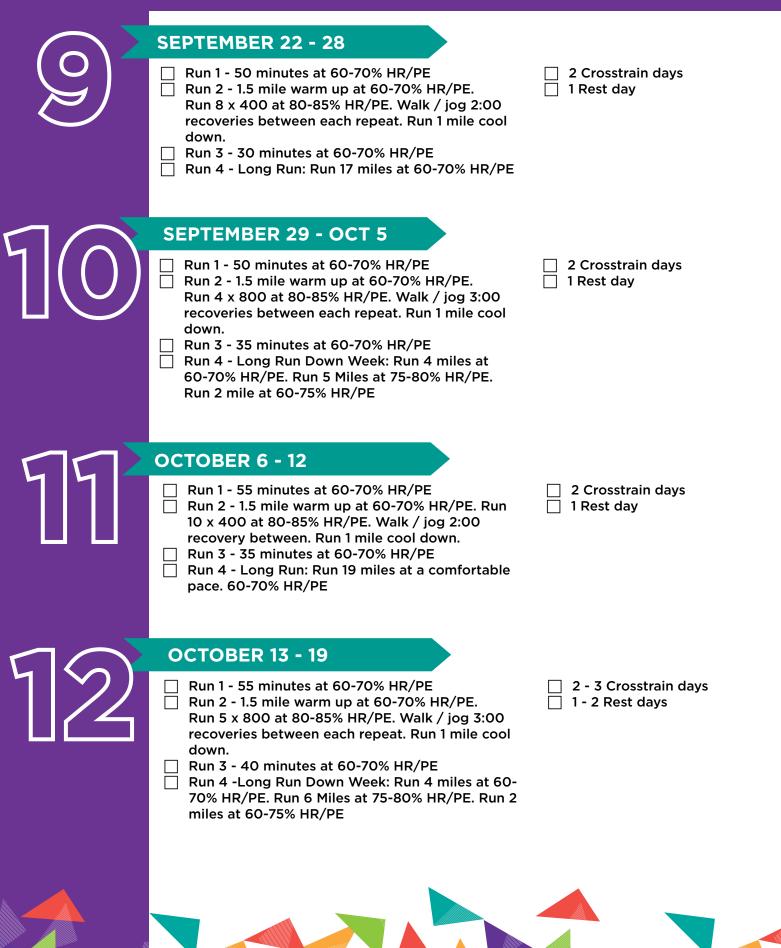
- Run 1 30 minutes at 60-70% HR/PE
- Run 2 10 minutes warm up at 60-70% HR/PE. Run 16 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
  - Run 3 30 minutes at 60-70% HR/PE
- Run 4 Long Run: Run 11 miles at 60-70% HR/PE
- 1 2 Crosstrain days

1 - 2 Crosstrain days

1 - 2 Rest days

- 1 2 Rest days







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2 Crosstrain days

1 Rest day

- 2 Crosstrain days
- 🗌 1 Rest day

#### **NOVEMBER 3 - 9**

- Run 1 1 hour at 60-70% HR/PE
- Run 2 1.5 mile warm up at 60-70% HR/PE. Run 4 x 1 mile at 80-85% HR/PE. Walk / jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 40 minutes at 60-70% HR/PE
- Run 4 Long Run: Run 8 miles at 60-70% HR/PE
- 1 Crosstrain day
  2 Rest days

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- Run 1 Monday 30 minutes at 60-70% HR/PE Rest Day Tuesday
- Run 2 Wednesday 10 minutes warm up at 60-70% HR/PE. Run 8 x 1 minute at 75-80% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down
- ] Rest Day Thursday
- Run 3 Friday 20 minutes at 60-70% HR/PE
- Training Complete! Saturday is Race Day!!



