

July/Aug 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 R1/W2 10*	8 XT 30mins	9 20min Run/Walk 4 Miles	10 XT 30mins	11 20min Run/Walk 4 Miles	12 Rest	13 25min Run/Walk 5 Miles
14 Rest or Walk 20 min R1/W1 3-4 Miles 9*	15 XT 30mins	16 20min Run/Walk 5 Miles with hills	17 XT 30mins	18 20min Run/Walk 5 Miles with pick ups	19 Rest	20 30min Run/Walk 6 Miles
21 Rest or Walk 20 min R2/W1 3-4 Miles 8*	22 XT 30mins	23 2 Miles 5 Miles with 4x200m hills	24 XT 30mins	25 2 Miles 5 Miles last mile at goal pace	26 Rest	27 2.5 Miles 6 Miles last mile at 10K goal pace
28 Rest or Walk 40 min R2/W1 4 Miles 7*	29 XT 30mins	30 2 Miles 5 Miles with 5x200m hills	31 XT 30mins	1 2 Miles 5 Miles last mile at goal pace	2 Rest	3 3 Miles 6 Miles last mile at 10K goal pace
4 Rest or Walk 40 min R3/W1 4 Miles 6*	5 XT 30mins	6 2 Miles 5 Miles with 5x200m hills	7 XT 30mins	8 2 Miles 5 Miles last mile at goal pace	9 Rest	10 3 Miles 6 Miles last 2 miles at 10K goal pace

Notes:

Level 1 workouts are PINK + GOLD
Level 2 workouts are BLUE + GOLD

Sundays: Optional easy walk/run or rest days. R/W #'s are run/walk intervals in minutes that week. Numbers with * are the number of weeks til race day.

Abbreviations:

Warm-up w/u
Goal Pace g/p
Cool Down c/d

Tip: Use Run Beats interval playlist during your workout.
https://music.youtube.com/playlist?list=PLqsz4UIediw8_hlDQuTEOCDRduagKDj-b&feature=share

Mondays and Wednesdays are cross-training days: bike, swim, strength and core training too.

Tip: Choose three 10-minute workouts from our YouTube channel
<https://www.youtube.com/@endurejewelry1933/videos>

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Aug / Sept 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 Rest or Walk 40 min R3-4/WI 4-5 miles easy 5*	12 XT 45mins	13 3 Miles 6 Miles with 6x200m hills	14 XT 45mins	15 3 Miles 3 mile w/u 1 mile g/p 1 mile recovery 1 mile g/p	16 Rest	17 4 Miles 8 Miles last 2 miles at 10K goal pace
18 Rest or Walk 40 min R4/WI 4-5 miles easy 4*	19 XT 45mins	20 4 Miles 6 Miles with 6x200m hills	21 XT 45mins	22 3-4 Miles	23 Rest	24 5 Miles 8 Miles last 2 miles at 10K goal pace
25 Rest or Walk 40 min R4/WI 4-5 miles easy 3*	26 XT 45-60 mins	27 4 Miles 6 Miles: 3 mile w/u 3 mile g/p	28 XT 45-60 mins	29 4 Miles 6-7 miles total: 2 mile w/u 3x1 mile under g/p 800m recovery in between c/d	30 Rest	31 6 Miles 8 Miles last 2 miles at 10K goal pace
1 Rest or Walk 30 min R4-S/WI 5 miles easy 2*	2 Rest XT 45-60 mins	3 4 Miles 6 Miles: 3 mile w/u 2 mile g/p 1 mile c/d	4 Rest XT 45-60 mins	5 4 Miles 6 miles total: 2 mile w/u 4x800 mile under g/p 400m recovery in between c/d	6 Rest	7 5 Miles 8 Miles last 2 miles at 10K goal pace
8 Rest or Walk 30 min R4-S/WI 3-4 miles easy 1*	9 Rest XT 45-60 mins	10 4 Miles 4-5 Miles 4x100m strides in the last mile	11 Rest XT 45-60 mins	12 3 Miles 3 Miles 4x100m strides in the last miles	13 Rest	14 20 mins easy 4x100m strides 20 min job 4x100m strides

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15 Race Day! warm up & stretch!