

June 2024 5K Plan

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
						Rest day
2	3	4	5	6	7	8
2mile continuous run	Rest day	2x1 mile	Rest day	6x3minute run	Rest day	2 mile run continuous
9	10	11	12	13	14	15
Rest day	7x2 min run 1 min walk	Rest Day	1 mile run continuous	Rest day	2 mile run continuous	Rest day
16	17	18	19	20	21	22
6x3min run 1 min walk	Rest Day	7x3min run 1 min walk	1 mile continuous run	Rest Day	4x5 min run 1 min walk	1 mile continuous run
23	24	25	26	27	28	29
Rest day	2x1 mile run 3 min walk between	Rest day	2 mile continuous run	Rest Day	2x1 mile run 3 min walk	4x5 min run 1 min walk rest
30	31					
Rest Day	2 mile run continuous					

Notes:

The goals for this month are to continue building consistency and ability to handle longer efforts. Continue to take all runs as easy as is necessary to finish and recover for the next day. Concerns about the pace will come later. Learn to listen to your body and gently push your limits each week.



June 2024 10 Miler Plan

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
						4 miles easy
2	3	4	5	6	7	8
6 mile long run	Rest day	4 miles easy	5 miles easy	4 miles easy	2 miles easy	4 miles easy
9	10	11	12	13	14	15
7 mile long run	Rest Day	4 miles easy	1 mile warm up 6x3 minutes at goal 10 mile pace with 1 min rest 1 mile cool down	Rest day	4 miles easy	5 miles easy
16	17	18	19	20	21	22
7 mile long run	Rest Day	5 miles easy	1 mile warm up 10x1 min hard with 1 min rest 1 mile cooldown	3 miles easy	5 miles easy	4 miles easy
23	24	25	26	27	28	29
7 mile long run	Rest Day	4 miles easy	1 mile warm up 4x5min hard run 1 min walk rest 1 mile cooldown	5 miles easy	Rest day	4 miles easy
30	31					
8 mile long run	Rest Day					

Notes:

This month we are continuing to build our mileage while introducing pace focused workouts with short interval training. Consider your goal pace for finishing a 10 mile race and start working on making that pace feel comfortable in short efforts. Take time off as needed.

