

July 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	2 mile run continuous	3x6 minute run With 2 minute walk between	Rest day	2x1 mile with 3 minute walk	5 minute warm up 8x10s sprint 5 minute cooldown	Rest Day
72	8	9	10	11	12	13
Two mile continuous run	4x5min run With 2 min walk	Rest Day	Rest day	2x1 mile with 3 minute walk	5 minute warmup 8x1min hard With 1 minute walk rest 5 minute cooldown	Rest Day
14	15	16	17	18	19	20
2 mile run	5x4 min run With 1 min walk	Rest Day	1 mile run continuous	5 minute warm up 6x20s sprint 5min cooldown	Rest Day	2.5 mile run
21	22	23	24	25	26	27
Rest Day	Rest Day	Rest Day	Rest Day	1 mile run	4x5 min run 1 min walk	Rest Day
28	29	30	31			
Rest day	2 mile run	Rest day	6x3 min run With 1 min walk			

Notes:

This month adds our first speed workouts. It is important to maintain a reasonable comfort level and steadily push your limits. As we push our limits, it will be essential to get increased rest time. This month includes a 4 day rest period to recover.

July 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	Rest Day	5 miles easy	1 mile warm up 8x2min run hard With 1 min walk 1 mile cooldown	5 miles easy	3 mile run	5 miles easy
7	8	9	10	11	12	13
8 mile long run	Rest day	6 miles easy	1 mile warm up 2x10min hard 1 mile cooldown	6 miles easy	2 miles easy	6 miles easy
14	15	16	17	18	19	20
9 miles long run	Rest Day	6 miles easy	Warm up 4x5 min hard Cooldown	6 miles easy	3 mile run	6 miles easy
21	22	23	24	25	26	27
9 mile long run	Rest Day	7 miles easy	Warm up 12x30s hard With 1 min rest cooldown	Rest Day	Rest Day	Rest Day
28	29	30	31			
Rest day	Rest Day	7 miles easy	Warm up 3x8 min hard cooldown			

Notes:

Adding in more speed workouts and longer “tempo” workouts while continuing to increase the mileage steadily. This month includes a 5 day rest period as well.