

August 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
				4x5 min run with 1 min walk	Rest day	2 miles easy
4	5	6	7	8	9	10
6x3 min run With 1 minute easy	Rest day	5 minute warm up 6x1minute hard effort 1 minute rest 5 min cooldown	15 min easy	Rest day	3x7 minutes easy run With 2 minute rest	30 minutes easy run
11	12	13	14	15	16	17
Rest day	2x1 mile 3 minute rest	5 minute warm up 10x30second sprint With 2 minutes rest 5 minute cooldown	1 mile run easy	Rest day	2mile run continuous	30 minutes easy
18	19	20	21	22	23	24
Rest day	3x8 minute run with 1 min walk	5min warm up 5x3min hard With 2 min walk rest 5 min cooldown	2 mile run continuous	Rest day	4x5 minteu run with 1 min walk rest	3 mile easy run
25	26	27	28	29	30	31
Rest day	2x15 min easy run 3 min rest between	5min warm up 8x1 min hard With 2 min rest, 5min cooldown	2 mile continuous run	Rest day	5x5min run With 1 min walk	3 mile easy run

Notes:

This month we are increasing the frequency of runs getting up to as many as 5 runs per week. Additionally we are adding more intensity in the pace with weekly speed workouts. Continue to listen to your body's needs and take days off as required while increasing mileage and intensity.

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SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
				6 miles easy	3 mile run	6 miles easy
4	5	6	7	8	9	10
8 mile long run	Rest day	6 miles easy	1 mile warm up 3x10min tempo with 2 min rest 1 mile cooldown	6 miles easy	3 miles easy	7 miles easy
11	12	13	14	15	16	17
9 miles long run	Rest Day	7 miles easy	1 mile warm up 10x1 min hard with 2min rest Cooldown	7 miles easy	3 mile run	7 miles easy
18	19	20	21	22	23	24
10 mile long run	Rest Day	8 miles easy	Warm up 5x5 min hard with 1 min rest 1 mile cooldown	7 miles easy	Rest Day	8 miles easy
25	26	27	28	29	30	31
10 mile long run	Rest Day	8 miles easy	1 mile warm up 2x15 minute tempo with 3 min rest	8 miles easy	3 miles easy	7 miles easy

Notes:

Continuing building our mileage and intensity in workouts. Our long run is up to race distance now. Keep easy days easy and prioritize the quality of workouts and long runs!