

October 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
		5 min warm up 6x2 min hard With 1min rest 5 min cooldown	2 miles easy	Rest day	6x5 min run With 1 min walk	35 minute Long run
6	7	8	9	10	11	12
Rest day	2x15 min run 2 min walk rest	5 min warm up 12x30s hard 1 min rest 5 min cooldown	2 mile easy	Rest day	4x5 min run With 1 min walk	4 mile long run
13	14	15	16	17	18	19
Rest day	2 miles easy	5 min warm up 6x3min hard 2min walk rest 5 min cooldown	1 mile easy	Rest day	2 miles easy	4 mile long run
20	21	22	23	24	25	26
Rest day	3x10 min With 1 min walk	5 min warm up 8x2 min hard 2 min rest 5 min cooldown	2 mile easy	Rest day	2 miles easy	35 min long run
27	28	29	30	31		
Rest day	2 mile easy	5 min warm up 15x1 min hard 1 min walk 5 min cooldown	2 miles easy	Rest day		

Notes:

This will be the biggest month of training leading up to race day. We will have some challenging workouts and our longest runs yet. We will get over race distance to work on endurance and start to taper off towards the end of the month as the race approaches.

October 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
		8 miles easy	2 mile warm up 3mile, 2mile, 1 mile tempo 2 min walk rest cooldown	8 easy	4 easy	2 mile warm up 10x200m hill, jog down rest cooldown
6	7	8	9	10	11	12
13 mile long run	Rest day	9 miles easy	2 mile warm up 5 mile tempo 2 mile cooldown	8 easy	5 easy	2 mile warm up 8x2min hard 1 min rest 2 mile cooldown
13	14	15	16	17	18	19
14 mile long run	Rest day	9 easy	2 mile warm up, 3x10min tempo 2 mile cooldown	7 easy	6 easy	2 mile warm up 12x30s sprint 90s rest 2 mile cooldown
20	21	22	23	24	25	26
14 mile long run	Rest day	8 easy	2 mile warm up 10x3min hard 1 min rest 2 mile cooldown	8 easy	4 easy	2 mile warm up 12x400m hard 2 min rest 2 mile coolwdown
27	28	29	30	31		
12 mile long run	Rest day	7 mile easy	2 mile warm up 4x5 min tempo 90s rest 2 mile cooldown	7 easy		

Notes:

This is the biggest month of training yet. We will push ourselves with a longer long run and more intense and longer workouts. The taper will start towards the end of the month and we will make sure our legs are fresh before race day comes.