

September 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
Rest Day	3x1 mile run with 2 min walk rest	5 minute warm up 10x30second sprint With 1 minute rest 5 minute cooldown	2 mile easy run	Rest Day	5x5 min run with 1 minute rest	30 minute long run
8	9	10	11	12	13	14
Rest Day	3x10 min run with 2 min walk rest	5 min warm 8x2 min hard with 1 minute rest 5 min cool down	2 mile easy run	Rest day	6x4min run with 1 min walk	3 mile long run
15	16	17	18	19	20	21
Rest day Start of down week	Rest day	Rest day	1 mile run easy	4x5 min easy	Rest day	30 min long run
22	23	24	25	26	27	28
Rest day	4x8 minute run with 1 min walk	5 min warm up 6x3 min run hard with 2 min rest 2 min cooldown	2 mile easy run	Rest day	4x5 min run with 1 min walk rest	3 mile easy run
29	30					
Rest day	2x20 min easy run 3 min rest between					

Notes:

Continuing our 5 day average per week schedule including a long run and an interval workout day. Goal is to continue to build fitness by giving varied stimulus for the body and create adaptation. Easy days should continue to be sustainable pace while workouts should allow you to feel good while running fast! This month has a down week built in to recover and let the hard work sink in.

September 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
10 mile long run	Rest Day	8 miles easy	2 mile warm up 4xmile with 90s rest 1 mile cooldown	7 mile easy	4 miles easy	7 miles easy with 4 hard 20s strides
8	9	10	11	12	13	14
12 mile long run	Rest day Beginning of down week	Rest day	Rest day	Rest day	4 miles easy	6 miles easy
15	16	17	18	19	20	21
10 mile long run	Rest day	8 miles easy	2 mile warm up 8x800m hard 90s rest 2 mile cooldown	7 mile easy	4 mile easy	2 mile warm up 12x30s hard with 60s easy run rest 2 mile cooldown
22	23	24	25	26	27	28
12 mile long run	Rest Day	8 miles easy	2 mile warm up 3x10m tempo with 90s rest 2 mile cooldown	8 miles easy	4 miles easy	2 mile warm up 10x400m hard with 60s rest 2 mile cooldown
29	30					
12 mile long run	Rest Day					

Notes:

This month features a built in down week to recover. Following the down week, we will continue to push the mileage and increase the intensity by adding a second interval workout during the week. Tempo should be 30-60s per mile slower than goal 10mile race pace but a consistent effort and hard intervals should allow you to run fast and approach race pace or faster.

