

November 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
					2 miles easy	40 minute long run
3	4	5	6	7	8	9
Rest day	4x5min run With 1 min rest	5 min warm up 10x1 min hard 5 min cooldown	2 mile easy	1 mile run easy	1 mile run easy	Race Day

Race week tips: All the hard work has been done. It is unlikely that you can get more fitness in the last week. However, you can lose fitness and rhythm if you stop running. We will have a small taper to ensure that our legs are fresh but we will not take too much off. The best thing to do at this point is to prioritize recovery with good sleep and stay hydrated. Good Luck!

November 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
					3 miles easy	40 minute long run
3	4	5	6	7	8	9
10 mile Long run	Rest day	Mile warm up 3x5 min tempo 3x1 min hard Mile cooldown	6 miles easy	4 miles easy	3 miles easy	Race Day

Race week tips: All the hard work has been done. It is unlikely that you can get more fitness in the last week. However, you can lose fitness and rhythm if you stop running. We will have a small taper to ensure that our legs are fresh but we will not take too much off. The best thing to do at this point is to prioritize recovery with good sleep and stay hydrated. Good Luck!