

PLAN:

This plan is ideal for runners who have some race experience and regularly log up to 20-30 miles per week. This plan starts ~25 miles for the first week and works up to a peak week of 37 miles prior to race day. The long run starts at 8 miles and peaks at 12 miles prior to race day.

Training plan created by Team RunRun Coach, Alicia Jenkins-Browder. Alicia has a B.S in Kinesiology from Western Washington University and is a Licensed Physical Therapist Assistant at Performance Physical Therapy in Bellingham Washington. She is a UESCA certified running and ultra running coach.

Weekday	Date	WORKOUT	Strength			
		Week 1		STRENGTH WORKOUTS	Sets and Reps	
					FOUND AT : https://www.youtube.	
MONDAY	7/1/2024	Rest Day			<u>ciaJenkinsBrowder</u>	
TUESDAY	7/2/2024	4 Miles with 4 strides	Strength Workout 1	Strengh Workout 1:		
WEDNESDAY	7/3/2024	5 Mile Easy Run		1. Single Leg RDL	3 x 10 each leg	
THURSDAY	7/4/2024	Rest Day		2. Goblet Squat	3 x 10	
FRIDAY	7/5/2024	30 Minute Tempo Run	Strength Workout 2	3. Hamstring Bridge Walkouts	3 x 5 walkouts	
SATURDAY	7/6/2024	3 Mile Easy Run		4. Forward Lunge	3 x 5 each leg	
SUNDAY	7/7/2024	8 Mile Endurance Run		5. Brian Weeda KIPP Plank Series	2 Sets	
		Week 2				
MONDAY	7/8/2024	Rest Day		Strengh Workout 2:		
TUESDAY	7/9/2024	4 Miles with 4 strides	Strength Workout 1	1. Wall Clamshell	3 x 10-15 each leg	
WEDNESDAY	7/10/2024	5 Mile Easy Run		2. Lateral Lunge	3 x 5-10 each leg	
THURSDAY	7/11/2024	Rest Day		3. Single Leg Squat	3 x 5-10 each leg	
FRIDAY	7/12/2024	VO2 Max Run: Warm up 2 miles. 5 x 400 m at 5k pace/effort. Recover 200 m inbetween intervals; Cool Down 2 miles	Strength Workout 2	4. Nordic Curls	3 x 10	
SATURDAY	7/13/2024	3 Mile Easy Run	-	5. Russian Twists	3 x 10-20 each side	
SUNDAY	7/14/2024	9 Mile Enduranace Run				
		Week 3		Strengh Workout 3:		
MONDAY	7/15/2024	Rest Day		Lateral Band Walk	3 x 15 steps each direction	
TUESDAY	7/16/2024	5 Miles with 5 strides	Strength Workout 1	2. Runner Step ups	3 x 10 each leg	
WEDNESDAY	7/17/2024	6 Mile Easy Run		3. Single Leg Bridge holds	5 x 20-30 second holds each side	
THURSDAY	7/18/2024	Rest Day		4. Runners Matrix	3 x 10 rounds each leg	
FRIDAY	7/19/2024	35 Minute Tempo Run	Strength Workout 2	5. Dying Bugs	3 sets of 5 reps each side	
SATURDAY	7/20/2024	3 Mile Easy Run				

		40 Mile December Learn					
		10 Mile Progression Long Run. Increase effort/pace					
		every 2.5 miles so that last 3					
CUNDAY	7/21/2024	miles are at 5k race			W. L. (B.) Com		
SUNDAY	772172024 Wee	pace/effort			Workout Description		
MONDAY	7/22/2024						
TUESDAY	7/23/2024	Rest Day 5 Miles with 5 strides	Otros or othe NA/s of court 4		Run at conversational pace.		
			Strength Workout 1	Easy Run			
WEDNESDAY	7/24/2024	5 Mile Easy Run					
THURSDAY	7/25/2024	Rest Day					
FRIDAY	7/26/2024	VO2 Max Run: Warm up 2 miles. 6 x 400 m at 5k pace/effort. Recover 200 m inbetween intervals; Cool Down 2 miles	Strength Workout 2		Strides are a speed development workout. The going is not aerobic development or getting in a "good workout." Rather, it's about foot turnover and good		
SATURDAY	7/27/2024	3 Mile Easy Run			running form. They incrase your running economy by reinforcing proper form. Do 1-2 miles of easy		
SUNDAY	7/28/2024	10 Mile Endurance Run		Strides	running before you start your strides. Strides will be		
	Wee	k 5			30 second intervals and you want to start the stride by running easy focusing on short, quick strides		
MONDAY	7/29/2024	Rest Day			and then gradually increase your speed so by the		
TUESDAY	7/30/2024	6 Miles with 6 strides	Strength Workout 3		end of the 30 seconds you are running at a		
WEDNESDAY	7/31/2024	7 Mile Easy Run			controlled fast pace.		
THURSDAY	8/1/2024	Rest Day					
FRIDAY	8/2/2024	40 Minute Tempo Run	Strength Workout 2		Your endurance run should be run at a comfortable running pace. It will probably feel a little harder that your easy run days since you are going longer. Try to ensure that when you are running that you could maintain a conversation with a friend while only being a little out of breath.		
SATURDAY	8/3/2024	4 Mile Easy Run					
SUNDAY	8/4/2024	12 Mile Progression Long Run. Increase effort/pace every 3 miles so that last 3 miles are at 5k race pace/effort		Endurance Run			
		Week 6			3		
MONDAY	8/5/2024	Rest Day					
TUESDAY	8/6/2024	6 Miles with 6 strides	Strength Workout 3				
WEDNESDAY	8/7/2024	7 Mile Easy Run			For the intervals, run at your estimated Elizabet		
THURSDAY	8/8/2024	Rest Day			For the intervals, run at your estimated 5k race pace/effort. If unsure what this pace is then try to		
FRIDAY	8/9/2024	VO2 Max Run: Warm up 2 miles. 4 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles	Strength Workout 2	VO2 MAX	run the interval at a fast enough pace where you are only able to say 4 words outloud. You should be breathing hard during these.		
SATURDAY	8/10/2024	4 Mile Easy Run			For the tempe portions, run this at your setimated		
SUNDAY	8/11/2024	11 Mile Endurance Run			For the tempo portions, run this at your estimated 10k race pace. If unsure what pace this is then this pace should feel "comfortably hard." If you had to talk outloud while running these then you could only manage 1-2 sentances before out of breath.		
		Week 7		Tempo Run			
MONDAY	8/12/2024	Rest Day					
TUESDAY	8/13/2024	5 Miles with 5 strides	Strength Workout 3		manage : 2 contained belone out of brouth.		
WEDNESDAY	8/14/2024	6 Mile Easy Run					
THURSDAY	8/15/2024	Rest Day					
FRIDAY	8/16/2024	45 Minute Tempo Run	Strength Workout 2				
SATURDAY	8/17/2024	3 Mile Easy Run					

Severy 3 miles so that last 3 miles are at 5k race pace/effort			12 Mile Progression Long Run. Increase effort/pace	
Week 8 Ronday R	SUNDAY	8/18/2024	miles are at 5k race	
NONDAY	SUNDAT	0/10/2024		
UESDAY	MONDAY	8/19/2024		
WEDNESDAY 8/21/2024 7 Mile Easy Run Rest Day Wedek 10 Week 10 WesDAY 9/3/2024 Rest Day Week 11 WesDAY WesDAY 9/3/2024 Rest Day Week 11 WesDAY 9/3/2024 Rest Day Week 11 WesDAY 9/3/2024 Rest Day Week 11 WesDAY 9/13/2024 Rest Day Week 10 WesDAY 9/13/2024 Rest Day WesDAY 9/13/2024 Rest Day WesDAY Rest Day Week 10 Week 10 Week 10 Week 10 Week 10 WesDAY Rest Day WesDAY Rest Day Week 10 Week 10 Week 10 WesDAY Rest Day Week 10 WesDAY Rest Day Week 10 W	TUESDAY			Strength Workout 3
Rest Day				ou ongur rromout o
VO2 Max Run: Warm up 2 miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles		_	-	
	FRIDAY		VO2 Max Run: Warm up 2 miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool	Strength Workout 2
Week 9	SATURDAY	8/24/2024	4 Mile Easy Run	
NONDAY	SUNDAY	8/25/2024	10 Mile Endurance Run	
Strength Workout 1 Strength Workout 3 Strength Workout 4 Strength Workout 4 Strength Workout 4 Strength Workout 4 Strength Workout 5 Strength Workout 1 Strength Workout 6 Strength Workout 7 Strength Workout 7 Strength Workout 7 Strength Workout 8 Strength Workout 9 Strength Workout 9 Strength Workout 3 Strength Workout 4 Strength Workout 5 Strength Workout 6 Strength Workout 7 Strength Workout 1 Strength Workout 3 Strength Workout 3 Strength Workout 3 Strength Workout 1 Strength Workout 3 Strengt		We	ek 9	
### 8/28/2024	MONDAY	8/26/2024	Rest Day	
#URSDAY 8/29/2024 Rest Day 8/30/2024 40 Minute Tempo Run Strength Workout 3 8/31/2024 4 Mile Easy Run 9/1/2024 11 Mile endurance run Week 10 #UNDAY 9/2/2024 Rest Day 9/2/2024 7 Mile Easy Run 9/2/2024 7 Mile Easy Run 9/3/2024 7 Mile Easy Run 9/3/2024 8 Rest Day 9/2/2024 Rest Day 9/3/2024 7 Mile Easy Run 9/3/2024 7 Mile Easy Run 9/5/2024 Rest Day 9/6/2024 Rest Day 9/6/2024 Pown 2 miles S x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles Day Pri/2024 4 Mile Easy Run 9/7/2024 4 Mile Easy Run 9/7/2024 12 Mile endurance run 9/2/2024 Rest Day 9/9/2024 Rest Day 9/9/2024 Rest Day 9/9/2024 Rest Day 9/10/2024 5 Miles with 5 strides Strength Workout 1 Pri/2024 6 Mile Easy Run 9/11/2024 Rest Day	TUESDAY	8/27/2024	6 Miles with 6 strides	Strength Workout 1
RIDAY	WEDNESDAY	8/28/2024	7 Mile Easy Run	
### ### ##############################	THURSDAY	8/29/2024	Rest Day	
Week 10 Week 11 Week	FRIDAY	8/30/2024	40 Minute Tempo Run	Strength Workout 3
Week 10	SATURDAY	8/31/2024	4 Mile Easy Run	
Strength Workout 1 Strength Workout 3 Strength Workout 1 Strength Workout 3 Strengt	SUNDAY	9/1/2024	11 Mile endurance run	
Strength Workout 1 Strength Workout 2 Strength Workout 3 Strength Workout 4 Strength Workout 4 Strength Workout 4 Strength Workout 5 Strength Workout 1 Strength Workout 1 Strength Workout 1 Strength Workout 3 Strengt			Week 10	
### Page 12	MONDAY	9/2/2024	Rest Day	
HURSDAY 9/5/2024 Rest Day V02 Max Run: Warm up 2 miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles Strength Workout 3 STATURDAY 9/6/2024 4 Mile Easy Run SUNDAY 9/8/2024 12 Mile endurance run Week 11 MONDAY 9/9/2024 Rest Day FUESDAY 9/10/2024 5 Miles with 5 strides Strength Workout 1 WEDNESDAY 9/11/2024 6 Mile Easy Run HURSDAY 9/11/2024 Rest Day 9/11/2024 Rest Day STRIDAY 9/13/2024 Rest Day STRIDAY 9/13/2024 3 Minute Tempo Run Strength Workout 3 STRIDAY 9/14/2024 3 Mile Easy Run STRIDAY 9/14/2024 3 Mile Easy Run STRIDAY 9/14/2024 10 Mile Easy Run STRIDAY 9/15/2024 10 Mile Endurance Run	TUESDAY	9/3/2024	6 Miles with 6 strides	Strength Workout 1
V02 Max Run: Warm up 2 miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles Strength Workout 3	WEDNESDAY	9/4/2024	7 Mile Easy Run	
miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles Strength Workout 3	THURSDAY	9/5/2024	Rest Day	
Monday 9/8/2024 12 Mile endurance run	FRIDAY	9/6/2024	miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool	Strength Workout 3
Week 11	SATURDAY	9/7/2024	4 Mile Easy Run	
MONDAY	SUNDAY	9/8/2024	12 Mile endurance run	
### Strength Workout 1 #### Strength Workout 1 ###################################			Week 11	
1	MONDAY	9/9/2024	Rest Day	
VEDNESDAY 9/11/2024 6 Mile Easy Run HURSDAY 9/12/2024 Rest Day RIDAY 9/13/2024 30 Minute Tempo Run Strength Workout 3 SATURDAY 9/14/2024 3 Mile Easy Run SUNDAY 9/15/2024 10 Mile Endurance Run	TUESDAY	9/10/2024		Strength Workout 1
HURSDAY 9/12/2024 Rest Day FRIDAY 9/13/2024 30 Minute Tempo Run Strength Workout 3 FATURDAY 9/14/2024 3 Mile Easy Run FUNDAY 9/15/2024 10 Mile Endurance Run	WEDNESDAY	9/11/2024		<u> </u>
RIDAY 9/13/2024 30 Minute Tempo Run Strength Workout 3 SATURDAY 9/14/2024 3 Mile Easy Run SUNDAY 9/15/2024 10 Mile Endurance Run	THURSDAY	9/12/2024	· · · · · · · · · · · · · · · · · · ·	
SATURDAY 9/14/2024 3 Mile Easy Run SUNDAY 9/15/2024 10 Mile Endurance Run	FRIDAY	9/13/2024		Strength Workout 3
SUNDAY 9/15/2024 10 Mile Endurance Run	SATURDAY	9/14/2024		
	SUNDAY	9/15/2024	10 Mile Endurance Run	
WEER 12 RAGE WEER!		Week	12 RACE WEEK!	
IONDAY 9/16/2024 Rest Day	MONDAY	9/16/2024	Rest Dav	

TUESDAY	9/17/2024	Race Pace Practice: Warm up 2 miles, 2 miles at goal half marathon pace/effort, cool down 2 miles	Strength Workout 1			
WEDNESDAY	9/18/2024	4 Mile Easy Run				
THURSDAY	9/19/2024	4 Mile Easy Run	Strength Workout 3			
FRIDAY	9/20/2024	Rest Day				
SATURDAY	9/21/2024	3 Mile Run with 4 strides				
SUNDAY	9/22/2024	13.1 Miles RACE DAY!				