



Run With the Best!® July 25, 2020

Training Schedule

MAY 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	M = Mile RP = Race Pace Quick Bix = 2 miles run or walk July 25 Bix Beginner - 7 miles run or walk July 25 Bix Advance = 7 miles run @ 7 min/mile pace July 25				1 Rest Rest 5-6 miles @ 80% of RP (8:24/mile)	2 1 mile walk 1 mile run/walk 4.5 miles @ 90% of RP (7:42/mile)	3 Rest Rest Rest
Quick Bix Bix Beg Bix Adv	4 1 mile walk 1 mile run/walk 5-6 mile run 80% of RP (8:24/mile)	5 Rest Rest 4.5 miles @ 90% of RP (7:42/mile)	6 1 mile walk 1 mile run/walk 5-6 mile run @ 80% of RP (8:24/mile)	7 Rest Rest 5-6 mile run @ 80% of RP (8:24/mile)	8 1 mile walk 1 mile run/walk 4.5 miles @ 90% of RP (7:42/mile)	9 Rest Rest 7 miles long run @ 80% of RP (8:24/mile)	10 1 mile run/walk 1.5 mile run/walk Rest
Quick Bix Bix Beg Bix Adv	11 Rest Rest 5-6 mile run @ 80% of RP (8:24/mile)	12 1 mile walk 1.5 mile run/walk 4.5 miles @ 90% of RP (7:42/mile)	13 Rest Rest 7 miles easy long run	14 1 mile walk 1.5 mile run/walk 5.5-6.5 mile run @ 80% of RP (8:24/mile)	15 Rest Rest 4.5 miles @ 90% of RP (7:42/mile)	16 1 mile walk 1.5 mile run/walk 7 miles long run @ 80% of RP (8:24/mile)	17 Rest Rest 0-4 miles easy
Quick Bix Bix Beg Bix Adv	18 1 mile walk 2 mile run/walk 6-7 mile run @ 80% of RP (8:24/mile)	19 Rest Rest 5 miles @ 90% of RP (7:42/mile)	20 1.5 mile walk 2 mile run/walk 7 miles easy long run	21 Rest Rest 6-7 mile run @ 80% of RP (8:24/mile)	22 1.5 mile walk 2 mile run/walk 5 miles @ 90% of RP (7:42/mile)	23 Rest Rest 8 miles long run @ 80% of RP (8:24/mile)	24 1.5 mile walk 2 mile run/walk 0-4 miles easy
Quick Bix Bix Beg Bix Adv	25 Rest Rest 7 mile run @ 80% of RP (8:24/mile)	26 1 mile alternate walking 5 minutes running 1 minute 3 mile run/walk 5 miles @ 90% of RP (7:42/mile)	27 Rest Rest 8 miles easy long run	28 1 mile alternate walking 5 minutes running 1 minute 3 mile run/walk 7 mile run @ 80% of RP (8:24/mile)	29 Rest Rest 1 mile WU & CD. 5 miles @ 90% of RP (7:42/mile)	30 1 mile alternate walking 5 minutes running 1 minute 3 mile run/walk 8 miles long run @ 80% of RP (8:24/mile)	31 Rest Rest 0-4 miles easy

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If you are in the United States and think you are having a medical or health emergency, call 911 immediately.