



# Run With the Best!® July 1-25, 2020

## Training Schedule

### JUNE 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Quick Bix</b>	<b>1</b> 1 mile. walk/run, 1 minute run/walk, 5 minute repeat for a mile 3 mile walk/run 2 mile warm up, 4x400 hill at race pace, 2 minute rest	<b>2</b> Rest Rest 7 miles easy	<b>3</b> 1 mile walk/run, 1 minute run/walk, 5 minute repeat for a mile 3 mile walk/run 2 mile warm up, 4x400 hill at race pace, 2 minute rest	<b>4</b> Rest Rest 7 miles easy	<b>5</b> 1 mile walk/run, 1 minute run/walk, 5 minute repeat for a mile 3 mile walk/run Long run 7 miles easy 4 4x100 strides	<b>6</b> Rest Rest 7 miles run 25 minutes at tempo pace (85-90% max heart rate)	<b>7</b> 1 mile walk/run, 1 minute run/walk, 5 minute repeat for a mile 4 mile long walk/run - 13 mile Off total miles 40
<b>Bix Beg</b>	<b>8</b> Rest Rest Long run 8 mi. easr	<b>9</b> 1 mi. walk/run, 2 min. run/walk, 4 min. repeat for a mile 3 mi. walk/run 6-7 mi. run 80% of race pace. Race pace 7 min. mi. train at 8:24. 4x100 strides	<b>10</b> Rest Rest 1 mi. warm up 5 mi. 90% of 7 min. race pace (7.42 per mi.) 1 mi. cool down	<b>11</b> 1 mi. walk/run, 2 min. run/walk, 4 min. repeat for a mile 3 mi. walk/run 7 mi. easy 4x100 meter strides	<b>12</b> Rest Rest 6-7 mile run 80% of race pace Race pace 7 min mile train at 8:24.	<b>13</b> 1 mi. walk/run, 2 min. run/walk, 4 min. repeat for a mile 4.5 mi. run/walk 1 mi. warm up 4 x 2000 Race pace. 2 min. rest in between. 1 mile cool down	<b>14</b> Total Miles Total Miles 10 0-5 miles otal miles 47
<b>Bix Adv</b>	<b>15</b> 1.5 mile walk/run 2 minute run/walk 4 minutes repeat until you have reached 1.5 miles 3 mile run/walk 7 miles easy	<b>16</b> Rest Rest 7 mile run 80% of race pace Race pace 7 min mile train at 8:24. 6 x 100 strides	<b>17</b> 1.5 mile walk/run 2 minute run/walk 4 minutes repeat until you have reached 1.5 miles Bix at 6 4.5 miles 7 mile run 35 minutes at tempo pace (85-90% max heart rate)	<b>18</b> Rest Rest 7 miles easy	<b>19</b> 1.5 mile walk/run 2 minute run/walk 4 minutes repeat until you have reached 1.5 miles 3 mile run/walk 7 mile run 80% of race pace Race pace 7 min mile train at 8:24. 6 x 100 strides	<b>20</b> Rest Rest 1 mile warm up 5 x 2000 race pace. 2 minute rest in between. 1 mile cool down	<b>21</b> 1.5 mile walk/run 2 minute run/walk 4 minutes repeat until you have reached 1.5 miles 3 Mile run/walk Total Miles: 13.5 Off Total miles 44
<b>Quick Bix</b>	<b>22</b> 1.5 mile walk 23 1 mile run/walk 2 mile warm up 5x400 hill at race pace 2 minutes rest between. 2 mile cool down	<b>23</b> Rest Rest Long run 8 miles easy	<b>4</b> 1.5 mile walk/run 3 minute run/walk 3 minutes repeat until you have reached 1.5 miles Bix at 6 5 miles 7 mile run 80% of race pace Race pace 7 min mile train at 8:24. 6 x 100 strides	<b>25</b> Rest Rest Long run 8 miles easy	<b>26</b> 1.5 mile walk/run 3 minute run/walk 3 minutes repeat until you have reached 1.5 miles 3 mile run/walk 1 mile warm up, 5 miles 90% of race pace, 1 mile cool down	<b>27</b> Rest Rest 3 mile run walk Long run 8 miles 80% of race pace. 6 x 100 strides	<b>28</b> 1.5 mile walk/run 3 minute run/walk 3 minutes repeat until you have reached 1.5 miles 4 mile run/walk Total Miles: 13 0-6 miles miles 52
<b>Quick Bix</b>	<b>29</b> 1.5 mile walk Rest 7 mile run 40 minutes at tempo pace (85-90% max heart rate)	<b>30</b> Rest Rest 4 mile run/walk Long run 8 miles easy	<b>M = Mile RP = Race Pace</b> <b>Quick Bix = 2 miles run or walk July 25</b> <b>Bix Beginner - 7 miles run or walk July 25</b> <b>Bix Advance = 7 miles run @ 7 min/mile pace July 25</b>				

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