



# Run With the Best!® July 1-25, 2020

## Training Schedule

### JULY 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

		<b>1</b> 2 mile walk/run 3 min. run/walk 3 minutes repeat until you have reached 2 miles Bix at 6-4-6 mile run/walk 7 mile run 80% of race pace Race pace 7 min mile train at 8:24. 6 x 100 strides	<b>2</b> Rest Rest 7 mile run 80% of race pace Race pace 7 min mile train at 8:24.	<b>3</b> 2 mile walk/run 3 minute run/walk 3 min. repeat until you have reached 2 miles 3 mile run/walk Long run 8 miles easy 6 x 100 strides	<b>4</b> Rest Rest 1 mile warm up 6x2000 race pace. 2 min. rest in between. 1 mile cool down	<b>5</b> 2 mile walk/run 4 minute run/walk 2 min. repeat until you have reached 2 miles 4 mile run/walk Total miles 17 Off Total miles 47	
<b>Quick Bix</b> <b>Bix Beg</b> <b>Bix Adv</b>							
<b>Quick Bix</b> <b>Bix Beg</b> <b>Bix Adv</b>	<b>6</b> 2 mile. walk/run 3 mile run/walk 2 mile warm up. 6x400 hill at race pace. 2 minute rest in between. 2 mile cool down.	<b>7</b> Rest Rest Long run 8 miles easy	<b>8</b> 2 mile walk/run. 3 min. run/walk. 3 min. repeat until you have reached 2 miles Bix@6-5-7 mile run/walk 7 mile run 80% of race pace Race pace 7 min mile train at 8:24. 6 x 100 strides	<b>9</b> Rest Rest 7 miles easy	<b>10</b> 2 mile walk/run. 3 min. run/walk. 3 min. repeat until you have reached 2 miles 3 mile walk/run 7 miles run at 80% of race pace 7 min. mile train at 8:24 6x100 strides	<b>11</b> Rest Rest 1 mile warm up 6x2000 race pace. 2 min. rest in between. 1 mile cool down	<b>12</b> 1 mile walk/run. 1 minute run/walk. 5 minute repeat for a mile 4 mile long walk/run - 13 mile 0-5 miles Off Total miles 47
<b>Quick Bix</b> <b>Bix Beg</b> <b>Bix Adv</b>							
<b>Quick Bix</b> <b>Bix Beg</b> <b>Bix Adv</b>	<b>13</b> 2 mile. walk/run Rest Long run 8 mi. easr	<b>14</b> Rest Rest 7 miles easy	<b>15</b> 2 mile walk/run. 3 min. run/walk. 3 min. repeat until you have reached 2 miles Bix at 6-4-6 mile run/walk 7 mile run 80% of race pace Race pace 7 min mile train at 8:24. 6 x 100 strides	<b>16</b> Rest Rest 7 miles easy	<b>17</b> 2 mile walk/run. 4 min. run/walk. 2 min. repeat until you have reached 2 miles 3 mile run/walk 7 mile easy 6x100 strides	<b>18</b> Rest Rest 1 miles warm up 6x1 mile at 105% of race pace 2 min. rest in between 1 mile cool down	<b>19</b> 2 mile walk/run. 5 min. run/walk. 1 min. repeat until you have reached 2 miles 5 mile run/walk Total miles: 19 Off Total miles 42
<b>Quick Bix</b> <b>Bix Beg</b> <b>Bix Adv</b>							
<b>Quick Bix</b> <b>Bix Beg</b> <b>Bix Adv</b>	<b>20</b> Rest Rest 7 miles easy 6x100 strides	<b>21</b> 2 mile walk/run. 5 min. run/walk. 1 min. repeat until you have reached 2 miles 5 mile run/walk 7 mile run 35 minutes at tempo pace (85-90% max heart rate)	<b>22</b> Rest Rest 6 miles easy 6x100 strides	<b>23</b> 2 mile walk/run. 5 min. run/walk. 1 min. repeat until you have reached 2 miles 5 mile run/walk 5 mile comfortable pace	<b>24</b> Rest Rest 3 miles easy pre race	<b>25</b> Quick Bix! Bix ?! Bix PR	<b>26</b>

Post your pictures and progress on social media using #qctbix7virtual

Register today! [bix7.com](http://bix7.com) Follow Us: #Bix7 facebook.com/QCTBix7 @BixSeven

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