



Training Schedule

MAY 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	M = Mile RP = Race Pace Quick Bix = 2 miles run or walk July 24 Bix Beginner - 7 miles run or walk July 24 Bix Advance = 7 miles run @ 7 min/mile pace July 24					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)
Quick Bix Bix Beg Bix Adv	3 Rest Rest Rest	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)
Quick Bix Bix Beg Bix Adv	10 1 mile run/walk 1.5 mile run/walk Rest	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)
Quick Bix Bix Beg Bix Adv	17 Rest Rest 0-4 miles easy	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)
Quick Bix Bix Beg Bix Adv	24 1.5 mile walk 2 mile run/walk 0-4 miles easy	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)
Quick Bix Bix Beg Bix Adv	31 Rest Rest 0-4 miles easy						

RACE DATE: Saturday, July 24, 2021

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Training Schedule

JUNE 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quick Bix Bix Beg Bix Adv		1 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	2 Rest Rest 7 miles easy	3 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	4 Rest Rest 7 miles easy	5 1 mile walk/run, 1 minute run/walk, 5 minute repeat for a mile 3 mile walk/run Long run 7 miles easy 4x100 strides	6 Rest Rest 7 miles run 25 minutes at tempo pace (85-90% max heart rate)
Quick Bix Bix Beg Bix Adv	7 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	8 Rest Rest Long run 8 mi. easy	9 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	10 Rest Rest 1 mi. warm up 5 mi. 90% of 7 min. race pace (7:42 per mi.) 1 mi. cool down	11 1 mi. walk/run, 2 min. run/walk, 4 min. repeat for a mile 3 mi. walk/run 7 mi. easy 4x100 meter strides	12 Rest Rest 6-7 mile run 80% of race pace Race pace 7 min mile train at 8:24.	13 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
Quick Bix Bix Beg Bix Adv	14 Total Miles Total Miles 10 0-5 miles Total miles 47	15 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	16 Rest Rest 7 mile run 80% of race pace Race pace 7 min mile train at 8:24, 6 x 100 strides	17 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)	18 Rest Rest 7 miles easy	19 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	20 Rest Rest 1 mile warm up 5 x 2000 race pace. 2 minute rest in between. 1 mile cool down
Quick Bix Bix Beg Bix Adv	21 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: 135 Off Total miles 44	22 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	23 Rest Rest Long run 8 miles easy	4 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	25 Rest Rest Long run 8 miles easy	26 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	27 Rest Rest 3 mile run walk Long run 8 miles 80% of race pace. 6 x 100 strides
Quick Bix Bix Beg Bix Adv	28 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	29 1.5 mile walk Rest 7 mile run 40 minutes at tempo pace (85-90% max heart rate)	30 Rest 4 mile run/walk Long run 8 miles easy	M = Mile RP = Race Pace Quick Bix = 2 miles run or walk July 24 Bix Beginner - 7 miles run or walk July 24 Bix Advance = 7 miles run @ 7 min/mile pace July 24			

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JULY 2021

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Quick Bix Bix Beg Bix Adv				1 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	2 Rest Rest 7 mile run 80% of race pace Race pace 7 min mile train at 8:24.	3 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	4 Rest Rest 1 mile warm up 6x2000 race pace. 2 min. rest in between. 1 mile cool down
Quick Bix Bix Beg Bix Adv	5 2 mile walk/run 4 minute run/walk 2 min. repeat until you have reached 2 miles 4 mile run/walk Off Total miles 34	6 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.	7 Rest Rest Long run 8 miles easy	8 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	9 Rest Rest 7 miles easy	10 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	11 Rest Rest 1 mile warm up 6x2000 race pace. 2 min. rest in between. 1 mile cool down
Quick Bix Bix Beg Bix Adv	12 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 35	13 2 mile. walk/run Rest Long run 8 mi. easy	14 Rest Rest 7 miles easy	15 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	16 Rest Rest 7 miles easy	17 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	18 Rest Rest 1 miles warm up 6x1 mile at 105% of race pace 2 min. rest in between 1 mile cool down
Quick Bix Bix Beg Bix Adv	19 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 38	20 Rest Rest 7 miles easy 6x100 strides	21 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)	22 Rest Rest 6 miles easy 6x100 strides	23 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	24 Quick Bix! Bix 7! Bix RP	
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