


OCT


16

THU

Easy Aerobic Run

Build aerobic base and promote recovery from...

 50m

 9km

Easy

0


OCT


17

FRI

Threshold Intervals

Improve lactate threshold and running economy at...

 55m

 7.5km

Hard

0


OCT


18

SAT

Recovery Run

Active recovery to flush muscles and aid...

 35m

 5km

Easy

0


OCT


19

SUN

Tempo Run

Develop sustained speed and mental toughness for...

 45m

 7km

Hard

0


OCT

20

MON

Cross-Training

Maintain cardiovascular fitness without the impact of...

 55m

Moderate

0


OCT


21

TUE

Easy Endurance Run

Further build aerobic capacity and endurance.

 70m

 11km

Easy

0

OCT

22

WED

Rest

Full recovery to allow the body to...

0


OCT


23

THU

Marathon Pace Intervals

Practice running at goal marathon pace to...

 60m

 7.6km

Hard

0


OCT


24

FRI

Recovery Run

Light effort to aid recovery after harder...

 35m

 5km

Easy

0