

ENDURE24

Runna



TRAINING PLAN

ONE LAP (5 MILES)

About this Plan

Who cares about going *far* when you can go *fast*? Every year at Endure24 we see some truly ridiculous times for single laps.




This ten-week [Runna](#) training plan is designed to help you run a fast 8km/5-mile lap at Endure24, before putting your feet up and enjoy a weekend camping in the sun.

Chocks away!

When do I start training?




- If you are taking part in Endure24 Reading, your first week begins on April 1st.
- If you are taking part in Endure24 Leeds, your first week begins on April 22nd.

KEY TO TRAINING SESSIONS

Intensity	Low  Moderate  High 	
Easy	Easy running is as it sounds! A comfortable, relaxed pace where you're not pushing yourself too hard. It's often described as "conversational" because you should be able to speak in full sentences without gasping for air. Easy running is essential to build endurance and fitness – don't skimp on it!	
Rest	Rest is an essential part of training which lets your muscles repair and strengthen. Gentle exercise like a walk, stretching, or easy bike ride is fine, but try to avoid over-exerting yourself on rest days.	
Always warm up and cool down before any hard running!	Tempo	A tempo run is a workout where you run at a 'comfortably hard pace' – somewhere between your 10k race pace and half marathon, or the kind of pace you could maintain for around one hour.
	Intervals	In this workout, you mix fast running with slow jogging or walking. For example, if your session is described as "4x400m", you should warm up, run 400m at a relatively fast pace, then walk/jog 400m to recover. Repeat this four times in total, then cool down.
	Hill repeats	A hill repeat session is just like a standard interval session, except that the 'hard' running is done uphill. This will build strength and explosive power and help you on those hills during the race. At the end of each interval, jog or walk back downhill to recover before the next one.
	Progressive	During a progressive run, aim to gradually increase your pace throughout the run. Start at a slow and easy pace, and then incrementally speed up to a moderate or fast pace towards the end. The idea is to begin comfortably and finish fast, but not so fast that you can't maintain good form.
Long run	Your weekly long run is a key session when it comes to building endurance. Try to get out onto trails if you can and run at an easy pace - don't be afraid to walk up hills! Long runs are a great time to practice using the kit and nutrition you plan on using during the race itself.	




Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
1	3.1 MILES EASY	REST	REST	3.1 MILES EASY	REST	REST	6.2 MILES LONG RUN	12.4 MILES
2	REST	REST	3.1 MILES HILL REPEATS 2 X 400M	REST	4 MILES EASY	REST	7 MILES LONG RUN	14.1 MILES
3	REST	REST	3.6 MILES HILL REPEATS 2 X 400M	REST	4.5 MILES EASY	REST	8 MILES LONG RUN	16.1 MILES
4	REST	REST	5 MILES INTERVALS 4 X 400M	REST	4 MILES HILL REPEATS 3 X 400M	REST	6 MILES LONG RUN	15 MILES

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
1	REST	REST	3.7 MILES HILL REPEATS 2 X 400M	REST	3.7 MILES EASY	REST	9 MILES LONG RUN	16.4 MILES
2	REST	REST	4.8 MILES INTERVALS 4 X 400M	REST	4.3 MILES EASY	REST	10 MILES LONG RUN	19.1 MILES
3	REST	REST	5 MILES PROGRESSIVE	REST	5 MILES EASY	REST	12 MILES LONG RUN	22 MILES

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2	REST	REST	3.6 MILES HILL REPEATS 3 X 400M	REST	4 MILES EASY	REST	5.5 MILES LONG RUN	13.1 MILES
3	REST	REST	4 MILES EASY	REST	ENDURE24 RACE WEEKEND 5 MILES			9 MILES

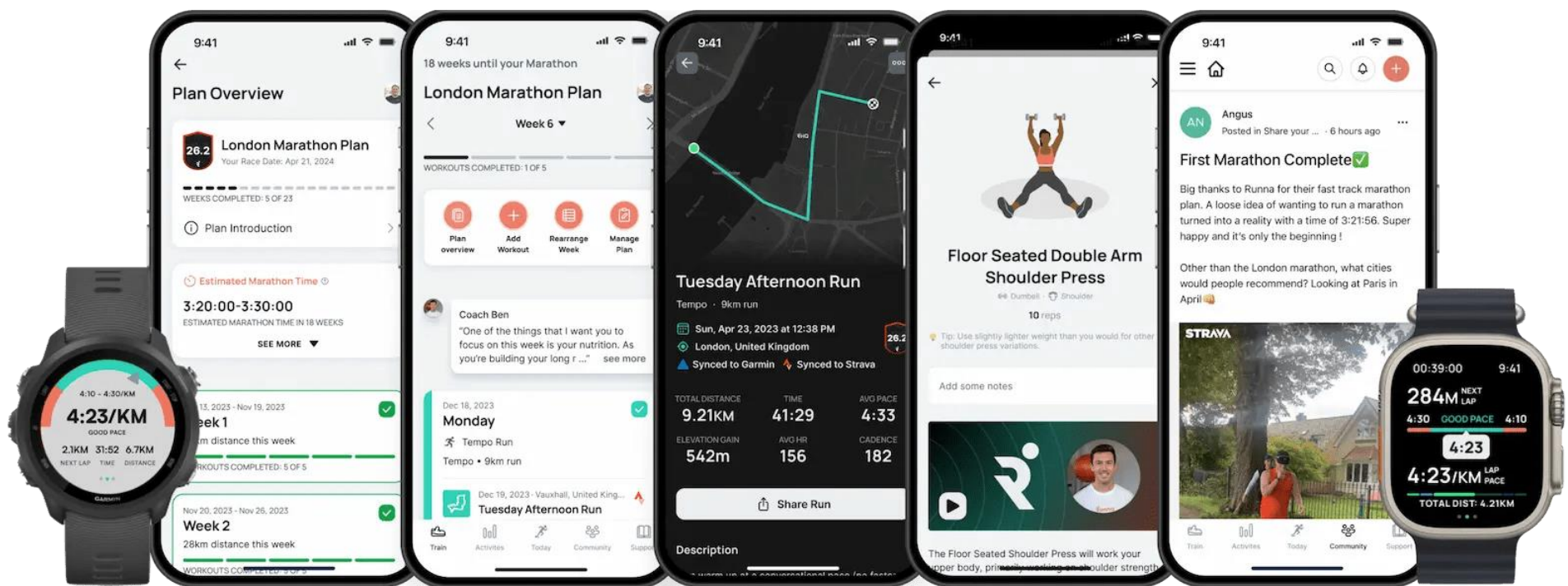
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Take your running to the next level with Runna Official Training Provider to Endure24

Get the support you need as a runner with tailored running plans to achieve your goals, from training for a faster 5k to completing your first ultramarathon.

Use code **E24** for a two-week free trial.



[FIND OUT MORE](#)

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GOOD LUCK!

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