

ENDURE²⁴

TRAINING PLAN

ONE LAP (8KM)



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Welcome aboard!

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

About this Plan

This ten-week training plan is designed to help you run a fast (for you) 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 Monday 30th March.
- If you are taking part in Endure24 Leeds, your first week begins on Monday 27th April.



**THRESHOLD/
MORE IS IN YOU™**

Key to training sessions

INTENSITY		  
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.

BLOCK 1 LAYING THE FOUNDATIONS

A woman in a grey tank top and shorts is running on a dirt path on a golf course. In the background, a group of other runners is visible on a curved path. The scene is set in a lush green environment with trees and tall grass in the foreground. A purple diagonal graphic element is on the left side of the image.

**THRESHOLD/
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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
1	5KM Easy	Rest	Rest	5KM Easy	Rest	Rest	10KM Long run	20KM
2	Rest	Rest	5KM Hill repeats 2 × 400M	Rest	7KM Easy	Rest	11KM Long run	23KM
3	Rest	Rest	6KM Hill repeats 2 × 400M	Rest	7KM Easy	Rest	13KM Long run	26KM
4	Rest	Rest	8KM Intervals 4 × 400M	Rest	7KM Hill repeats 3 × 400M	Rest	10KM Long run	25KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

BLOCK 2 SHARPENING YOUR FITNESS



**THRESHOLD/
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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
5	Rest	Rest	6KM Hill repeats 2 × 400M	Rest	6KM Easy	Rest	15KM Long run	27KM
6	Rest	Rest	8KM Intervals 4 × 400M	Rest	7KM Easy	Rest	16KM Long run	31KM
7	Rest	Rest	8KM Progressive	Rest	8KM Easy	Rest	19KM Long run	35KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

BLOCK 3 TAPERING FOR RACE DAY



**THRESHOLD/
MORE IS IN YOU™**

Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
8	Rest	Rest	7KM Hill repeats 3 × 400M	Rest	7KM Easy	Rest	14KM Long run	28KM
9	Rest Easy	Rest	6KM Hill repeats 3 × 400M	Rest	7KM Easy	Rest	9KM Long run	22KM
10	Rest	Rest	7KM Easy	Rest	ENDURE24 RACE WEEKEND 8KM			15KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

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