

**ENDURE<sup>24</sup>**

# TRAINING PLAN

SIX LAPS (48KM)



**ENDURE<sup>24</sup>**  
**READING**

**ENDURE<sup>24</sup>**  
**LEEDS**

# Welcome aboard!

Bank six laps at Endure24 and you'll have gone beyond a marathon and into ultra terrain!

## About this Plan

This ten-week training plan is designed to help you build the endurance required to go the distance – how you want to run those laps is up to you.

If you miss a session or need to move things around due to life getting in the way, don't worry. This plan is just a guide to help you make informed decisions about how to approach your training.

## 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		  
<b>EASY</b>		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!
<b>REST</b>		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.
<b>ALWAYS</b> warm up and cool down before any hard running!	<b>TEMPO</b>	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.
	<b>INTERVALS</b>	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.
	<b>HILL REPEATS</b>	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.
	<b>PROGRESSIVE</b>	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.
<b>LONG RUN</b>		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



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
1	10KM Easy	Rest	Rest	9KM Half easy Half tempo	Rest	Rest	17KM Long run	36KM
2	Rest	Rest	11KM Hill repeats 6 × 400M	Rest	10KM Easy	Rest	19KM Long run	40KM
3	Rest	Rest	13KM Half easy Half tempo	Rest	9KM Hill repeats 6 × 200M	Rest	21KM Long run	43KM
4	Rest	Rest	8KM Easy	9KM Easy	Rest	Rest	13KM Long run	30KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

# BLOCK 2 BUILDING OUT YOUR BASE



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
5	Rest	Rest	12KM Hill repeats 6 × 400M	Rest	10KM Intervals 6 × 400M	Rest	23KM Long run	45KM
6	Rest	Rest	12KM Half easy Half tempo	Rest	14KM Easy run	Rest	26KM Long run	52KM
7	Rest	Rest	13KM Hill repeats 6 × 200M	Rest	15KM Easy run	Rest	27KM Long run	55KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

**BLOCK 3**  
**DEVELOPING YOUR FITNESS**



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
8	Rest	Rest	10KM Easy	14KM Easy	Rest	Rest	19KM Long run	43KM
9	Rest	Rest	12KM Half easy Half tempo	Rest	12KM Easy	Rest	13KM Long run	37KM
10	5KM Intervals 2 × 400M	Rest	5KM Easy	Rest	ENDURE24 RACE WEEKEND 48KM			58KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

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