

ENDURE<sup>24</sup>

# TRAINING PLAN

## TEN LAPS (80KM)



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READING

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LEEDS

# Welcome aboard!

Pulling off 10 laps at Endure24 is no small feat.

## About this Plan

Whether you're running as a pair or solo, this ten-week training plan is designed to help you prepare for spending upwards of 10 hours on your feet across the weekend.

Best of luck!

## 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	7KM Easy	Rest	10KM Tempo 5KM	Rest	10KM Easy	16KM Long run	Rest	45KM
2	9KM Easy	Rest	11KM Intervals 3 × 1.5KM	Rest	10KM Easy	21KM Long run	Rest	51KM
3	9KM Easy	7KM Easy	10KM Hill repeats 5 × 200M	Rest	7KM Easy	25KM Long run	Rest	57KM
4	9KM Easy	Rest	10KM Progressive	Rest	8KM Hill repeats Easy	21KM Long run	Rest	48KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

# BLOCK 2 SHARPENING YOUR FITNESS



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
5	9KM Easy	8KM Easy	11KM Intervals 2 × 2.5KM	Rest	10KM Easy	27KM Long run	Rest	65KM
6	8KM Easy	10KM Easy	12KM Intervals 2 × 1KM	Rest	10KM Easy	30KM Long run	Rest	70KM
7	8KM Easy	7KM Easy	10KM Tempo 5KM	Rest	8KM Easy	32KM Long run	15KM Easy	80KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

# BLOCK 3 TAPERING FOR RACE DAY



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
8	8KM Easy	8KM Easy	9KM Tempo 3KM	Rest	10KM Easy	25KM Easy	Rest	60KM
9	9KM Easy	Rest	11KM Hill repeats 3 × 200M	Rest	10KM Easy	15KM Easy	Rest	45KM
10	Rest	8KM Easy	6KM Easy	Rest	ENDURE24 RACE WEEKEND 80KM			94KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

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