

ENDURE²⁴

TRAINING PLAN

THREE LAPS (24KM)



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Welcome aboard!

If you'd like to get a decent distance under your belt whilst making the most of the basecamp atmosphere, this is the plan for you.

About this Plan

This ten-week training plan is designed to encourage you get three laps of the 5-mile/8km Endure24 course under your belt, across the course of the event.

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		  
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



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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
1	6KM Easy	Rest	Rest	6KM Half easy Half tempo	Rest	Rest	8KM Long run	20KM
2	Rest	Rest	7KM Hill repeats 4 × 400M	Rest	7KM Easy	Rest	9KM Long run	23KM
3	Rest	Rest	8KM Progressive	Rest	8KM Easy	Rest	10KM Long run	26KM
4	Rest	Rest	5KM Intervals 3 × 400M	Rest	5KM Easy	Rest	6KM Long run	16KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

BLOCK 2 BUILDING OUT YOUR BASE



**THRESHOLD/
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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
5	Rest	Rest	10KM Progressive	Rest	11KM Easy	Rest	18KM Easy	39KM
6	Rest	Rest	9KM Hill repeats 5 × 200M	Rest	9KM Hill repeats 6 × 200M	Rest	23KM Easy	41KM
7	Rest	Rest	8KM Easy	11KM Easy	Rest	Rest	26KM Easy	45KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

BLOCK 3
DEVELOPING YOUR FITNESS



**THRESHOLD/
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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
8	Rest	8KM Hill repeats 4 x 400M	Rest	9KM Progressive	Rest	Rest	23KM Long run	40KM
9	Rest	Rest	11KM Easy	10KM Half easy Half tempo	Rest	Rest	16KM Long run	37KM
10	Rest	Rest	10KM Easy	Rest	ENDURE24 RACE WEEKEND 24KM			34KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

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