


DECEMBER 2024 TRAINING PLAN

BEGINNER LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	25	26	27	28	29	30	1
			SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS				FULL REST DAY
WEEK 2	2	3	4	5	6	7	8
	30min easy run 4x strides	Strength 2 Week 3 Day 1 (3x8)	10min warm-up (easy) 6x strides 3x1mi @ slightly faster than goal race pace w/ 1min walking recovery 5min cooldown (easy)	Strength 2 Week 3 Day 2 (3x8)	20min easy run 4x strides	60min easy long run	FULL REST DAY
WEEK 3	9	10	11	12	13	14	15
	RACE WEEK 10min warm-up (easy) 6x strides 3x800m @ goal race pace w/ 1min walking recovery in between 5min cooldown (easy)	Strength 2 Week 2 Day 4 (3x8)	30min easy run	Mobility	1mi easy shakeout run 6x strides		FULL REST DAY
WEEK 4	16	17	18	19	20	21	22
	FULL REST DAY Reflect on 2024 lessons learned, accomplishments, etc.	Strength 2 Week 4 Day 2 (2x12)	Optional 20min easy run	Strength 2 Week 4 Day 1 (2x12)	20min easy run 4x strides	50min easy long run	FULL REST DAY
WEEK 5	23	24	25	26	27	28	29
	25min easy run Start brainstorming 2025 goals	Strength 1 Week 1 Day 2 (2x12)	10min warm-up (easy) 8x1min on/1min off 5min cooldown (easy)	Strength 1 Week 1 Day 1 (2x12)	25min easy run 4x strides	70min easy long run	FULL REST DAY
WEEK 6	30	31	1	2	3	4	5
	35min easy run	Strength 1 Week 2 Day 2 (3x8)					