

# December 2024

## Track Distance (1600 & 3200) Pre-Season Training & Celebration Half

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1  ez 6M
2  rest	3  2M ez, 12 x 400m @ 5K pace w/2:00 jog after each, 1M ez	4  ez 4M	5  2M ez, 3M @ TEMPO, 1M ez	6  ez 4M or 60:00 bike or rest	7  ez 5M then strides 4 x 0:20 @ 5K effort	8  ez 6M
9  rest	10  2M ez, 6 x 800 @ 5K pace w/2:45 jog after each, 1M ez	11  ez 4M	12  2M ez, 4M @ TEMPO, 1M ez	13  ez 4M or 60:00 bike or rest	14  ez 4M then strides 4 x 0:20 @ 5K effort	15  long run 7M
16  rest	17  2M ez, 6 x 1M STRENGTH w/800m jog after each, 1M ez	18  ez 5M	19  2M ez, 4M @ TEMPO, 1M ez	20  ez 4M or 60:00 bike or rest	21  ez 5M then strides 5 x 0:20 @ 5K effort	22  ez 8M
23  rest	24  2M ez, 4 x 1.5M STRENGTH w/800m jog after each, 1M ez	25  ez 5M	26  2M ez, 4M @ TEMPO, 1M ez	27  ez 4M or 60:00 bike or rest	28  ez 5M then strides 5 x 0:20 @ 5K effort	29  ez 9M
30  rest	31  2M ez, 3 x 2M STRENGTH w/800m jog after each, 1M ez					

Notes: Lift weights 2 days per week on your hard days (Tue, Thu, or Sun). Striders should be done 1-2 days per week on easy run days and/or Thursdays. TEMPO = GHMP (goal half marathon pace). If you want to add more mileage, add to the warm up and cool down on Tuesdays and Thursdays or add no more than 1 mile to the Sunday long run.