

APRIL

RUN

~~CYCLE~~ THE CAMPUS TRAINING PLAN

2024

SAT	SUN	MON	TUE	WED	THU	FRI
	SHOE INSPECTION & REPLACE WEEK	1 CROSS TRAINING	2  2	3 TESTING 10-20MIN RUN	4	5 CROSS TRAINING
6 REST	7 EASY 20-30MIN JOG	8  8	9	10 CROSS TRAINING	11 STEADY 2-3MILE RUN	12  12
13 REST	14 EASY RUN 30-45MIN ~3-3.5 MI	15	16 STEADY 3MILE RUN	17 CROSS TRAINING	18	19 STEADY 3.5MILE RUN
20 REST	21 STEADY RUN 35MIN ~3.5 MI  21	22	23 STEADY 4MILE RUN	24 CROSS TRAINING	25	26 STEADY 4.5 MILE RUN
27 REST	28 PACED RUN 45MIN ~4.5 MI	29	30 EASY 1 HOUR RUN	 30		

EASY - ABLE TO CARRY ON CONVERSATION
STEADY - FOCUSED ON RUNNING

CROSS TRAINING - ANY FORM OF ACTIVITY
PACED - MEETING YOUR TARGET SPEED

MAY

RUN

~~CYCLE~~ THE CAMPUS TRAINING PLAN

SAT	SUN	MON	TUE	WED	THU	FRI
				1 CROSS TRAINING	2	3 FAST 20 MIN RUN
4 REST	5 PACED RUN 1HR ~6 MI	6 	7	8 45 MIN HILLS OR INTERVALS	9 CROSS TRAINING	10 STEADY 6 MILE RUN
11 REST	12 PACED RUN 1.25HR ~6.2 MI	13	14 FAST 20 MIN RUN	15 CROSS TRAINING	16	17 STEADY 7 MILE RUN
18 REST	19 PACED RUN 1HR ~6 MI	20	21 STEADY 4 MILE RUN	22 CROSS TRAINING	23	24 STEADY 5 MILE RUN
25 REST	26 PACED RUN 1HR ~7 MI	27	28 STEADY 4 MILE RUN	29 	30 EASY 20 MIN JOG	May 31 June 1 CTC!

FAST - FOCUSED UNABLE TO HAVE CONVERSATION
HILLS/INTERVALS - SET TIME OR DISTANCE OF
VARIED EFFORT

CTC GOAL PACE 10K IN 1HR