

## Pete and Sarah's Endurance Training April-July 2022

**13/04/2022**

\*\*off track\*\* 12 days of Easter circuits in the park

**20/04/2022**

\*\*off track\*\*

Outrun

**27/04/2022**

\*\* off track\*\*

Hills

**04/05/2022**

\*\*off track\*\*

1 mile reps around the park at 10k pace

3 mins active recovery between

Flying 30's

Repeat

**11/05/2022**

\*\*off track\*\*

Fartleks 5k pace with a cone

1 min run

2 min recovery

**18/05/2022**

\*\*On track\*\*

Pyramids

400, 800, 1200, 1600, 1200, 800, 400 at 10k pace with 400 active recovery between

**25/05/2022**

\*\*off track\*\*

Hills

**01/06/2022**

\*\*off track\*\*

Outrun

**08/06/2022**

\*\*off track\*\* around the park

5k pace Partner relays

Running in circles

**15/06/2022 - Endure 24 weekend**

\*\*On track\*\*

800's at 10k pace

400 active recovery

Repeat

**22/06/2022**

\*\*off track\*\*

Outrun

**29/06/2022**

\*\*off track\*\*

Hills

**06/07/2022**

\*\*on track\*\*

400 at 10k pace 200 faster

400 active recovery

**13/07/2022**

\*\*off track\*\*

1 mile at 10k pace

3 min active recovery

1 mile at 1/2 marathon pace

4 mins active recovery

1 mile at 1/2 marathon

3 mins active recovery

1 mile at 10k pace

3 min active recovery Repeat

200's partner Parlufs

**20/07/2022**

\*\*on track\*\*

Pyramids from 400 to 1600 and back down, at 10k pace With 400 active recovery

**27/07/2022**

\*\*off track \*\*

Hills