TRAINING SCHEDULE FOR:
2024 Santa Monica Classic 10k - Sept 8th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	6/15	6	Walk 30 min	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
2	6/22	8	Walk 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
3	6/29	9	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
4	7/6	10	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
5	7/13	11	Run 30 mins	Cross-Train 40 min	Run 40 min or DLC Speed Session	Cross-Train 40 min	Run 50 min	Rest
6	7/20	12	Run 30 mins	Cross-Train 40 min	Run 40 min or DLC Speed Session	Cross-Train 40 min	Run 50 min	Rest
7	7/27	13	Run 30 mins	Cross-Train 40 min	Run 50 min or DLC Speed Session	Cross-Train 40 min	Run 50 min	Rest
8	8/3	11	Run 30 mins	Cross-Train 40 min	Run 40 min or DLC Speed Session	Cross-Train 40 min	Run 50 min	Rest
9	8/10	12	Run 30 mins	Cross-Train 50 min	Run 50 min or DLC Speed Session	Cross-Train 50 min	Run 50 min	Rest
10	8/17	13	Run 30 mins	Cross-Train 50 min	Run 40 min or DLC Speed Session	Cross-Train 50 min	Run 50 min	Rest
11	8/24	12	Run 30 mins	Cross-Train 50 min	Run 60 min or DLC Speed Session	Cross-Train 40 min	Run 50 min	Rest
12	8/31	10	Walk 30 mins	Cross-Train 30 min	Run 40 min or DLC Speed Session	Cross-Train 30 min	Run 20 min	Rest
13	9/7	4	**Santa Monica Classic 10k Sept 8th**	Rest	Rest	Rest	Rest	Rest

SPEED TRAINING SCHEDULE FOR:
2024 Santa Monica Classic 10k - Sept 8th

	TUESDAY 6PM RBAC	Every speed session includes 15 mins warm up before the workout and 15 mins cool down after the workout
1	6/18	NO SPEED SESSION TODAY - BEGINS 7/16
2	6/25	NO SPEED SESSION TODAY - BEGINS 7/16
3	7/2	NO SPEED SESSION TODAY - BEGINS 7/16
4	7/9	NO SPEED SESSION TODAY - BEGINS 7/16
5	7/16	8x2 minutes @ 5k pace, 2 minutes jog
6	7/23	4 mile tempo run @ 10k-half marathon pace
7	7/30	8x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
8	8/6	12x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
9	8/13	2x3k tempo run @ 5k pace, 3 minute standing rest between reps
10	8/20	6x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
11	8/27	10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
12	9/3	6x800m repeats @ 2 mile pace, 200 meter minutes walking rest between reps

SPEED TRAINING PACE* CHART FOR:
2024 Santa Monica Classic 10k - Sept 8th

MARATHON	HALF PACE	10K PACE	5K PACE	2 MILE PACE	1 MILE PACE
6:00	5:44	5:28	5:16	5:05	4:45
7:00	6:42	6:23	6:10	5:59	5:36
8:00	7:42	7:20	7:04	6:53	6:27
9:00	8:42	8:17	7:59	7:47	7:20
10:00	9:42	9:14	8:54	8:41	8:14
11:00	10:42	10:12	9:49	9:36	9:08
11:30	11:12	10:41	10:17	10:03	9:35
12:00	11:42	11:10	10:44	10:31	10:02
13:00	12:41	12:09	11:40	11:26	10:57
14:00	13:40	13:07	12:36	12:21	11:52

*paces are estimates

Questions?
Email Coach De La Cruz:
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