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| Aerobic | 18 | LT | 20 | Tempo | 20 | | Aerobic | 21 | | Vo2 | 22 | | Aerobic | 23 | | **Aerobic** | 24 | |
| 5-6 miles  Drop down last mile about 15% slower than race pacefor last mile  Finish slow jog for 6 minutes 400 at first lap mile pace  Chuck 400 :56 | | REST | | 5-6 miles  Drop down last mile about 15% slower than race pace for last mile  Finish slow jog for 6 minutes 600 at first lap mile pace  Chuck :85 | | REST | | | 4miles 6:45/7:30 + 3x150@:21  200 meter walk back between reps  Chuck 400@ 56 | | | **REST** | | | **5 mile recovery**  **7 to 8 mins per mile** | | |

the Beast is approaching