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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Aerobic | 18 | LT | 20 | Tempo | 20 | Aerobic | 21 | Vo2 | 22 | Aerobic | 23 | **Aerobic** | 24 |
| 5-6 milesDrop down last mile about 15% slower than race pacefor last mileFinish slow jog for 6 minutes 400 at first lap mile pace Chuck 400 :56 | REST | 5-6 milesDrop down last mile about 15% slower than race pace for last mileFinish slow jog for 6 minutes 600 at first lap mile paceChuck :85 | REST | 4miles 6:45/7:30 + 3x150@:21200 meter walk back between repsChuck 400@ 56 | **REST** | **5 mile recovery****7 to 8 mins per mile** |

the Beast is approaching