



**pace**  
SPORTS FITNESS

**DECEMBER BUILD**

**GOAL: BUILD PLAN FOR NEW ATHLETES**

[www.pacesportsfitness.com](http://www.pacesportsfitness.com)

Week	Phase	Date	Day	Workout	Purpose	Comments
		11-Dec	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
<b>WEEK</b>	<b>19</b>	12-Dec	Tue	30-60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>25KM</b>	<b>2.5hrs</b>	13-Dec	Wed	OFF or OPTIONAL CROSS TRAINING	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>50KM</b>	<b>3.5hrs</b>	14-Dec	Thu	30-60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		15-Dec	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>25KM</b>		<b>16-Dec</b>	<b>Sat</b>	<b>LONG STEADY RUN: 60min</b>	<b>Build Endurance &amp; Stamina.</b>	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
<b>50KM</b>		<b>16-Dec</b>	<b>Sat</b>	<b>LONG STEADY RUN: 90min</b>	<b>Build Endurance &amp; Stamina.</b>	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
		17-Dec	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		18-Dec	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series,
<b>WEEK</b>	<b>20</b>	19-Dec	Tue	30-60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

<b>25KM</b>	<b>3hrs</b>	20-Dec	Wed	OFF or OPTIONAL CROSS TRAINING	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>50KM</b>	<b>4hrs</b>	21-Dec	Thu	45-75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		22-Dec	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	<b>25KM</b>	<b>23-Dec</b>	<b>Sat</b>	<b>LONG STEADY RUN: 75min</b>	<b>Build Endurance &amp; Stamina.</b>	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
	<b>50KM</b>	<b>24-Dec</b>	<b>Sun</b>	<b>LONG STEADY RUN: 1HR 45min</b>	<b>Build Endurance &amp; Stamina.</b>	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
		24-Dec	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		25-Dec	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
<b>WEEK</b>	<b>21</b>	26-Dec	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>25KM</b>	<b>3hrs 15min</b>	27-Dec	Wed	OFF or OPTIONAL CROSS TRAINING	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>50KM</b>	<b>4hrs 15min</b>	28-Dec	Thu	45-75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		29-Dec	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	<b>25KM</b>	<b>30-Dec</b>	<b>Sat</b>	<b>LONG STEADY RUN: 90hrs</b>	<b>Build Endurance &amp; Stamina.</b>	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
	<b>50KM</b>	<b>31-Dec</b>	<b>Sun</b>	<b>LONG STEADY RUN: 2hrs</b>	<b>Build Endurance &amp; Stamina.</b>	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
		31-Dec	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.