



Run 716 Training Plan by Pace Buffalo

2026-04-13

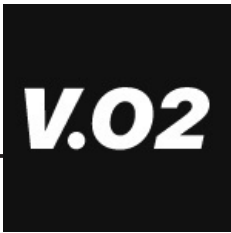
monday	tuesday	wednesday	thursday	friday	saturday	sunday
13 Easy Run 20min 5 x 20sec strides	14 Speed Day 10min warmup Threshold: 5 x 1min (walk) recovery 10min cooldown	15 Off Day, no running	16 Easy Run 20min	17 Off Day, no running	18 Easy Run 40min	19 Off Day, no running

2026-04-20

monday	tuesday	wednesday	thursday	friday	saturday	sunday
20 Easy Run 20min 5 x 20sec strides	21 Speed Day 10min warmup Repetition: 4 x 200m 200m (walk) recovery Repetition: 2 x 400m 200m (walk) recovery 10min cooldown	22 Off Day, no running	23 Easy Run 20min	24 Off Day, no running	25 Easy Run 40min	26 Off Day, no running

2026-04-27

monday	tuesday	wednesday	thursday	friday	saturday	sunday
27 Easy Run 20min @ 5 x 20sec strides	28 Speed Day 10min warmup Interval: 6 x 2min (walk) recovery 10min cooldown	29 Off Day, no running	30 Easy Run 20min	May 1 Off Day, no running	2 Easy Run 40min 5 x 20sec strides	3 Off Day, no running



2026-05-04

monday	tuesday	wednesday	thursday	friday	saturday	sunday
4 Easy Run 25min 5 x 20sec strides	5 Speed Day 10min warmup Repetition: 4 x 200m 200m (jog) recovery Easy: 800m Repetition: 4 x 200m 200m (jog) recovery 10min cooldown	6 Off Day, no running	7 Easy Run 25min	8 Off Day, no running	9 Easy Run 50min	10 Off Day, no running

2026-05-11

monday	tuesday	wednesday	thursday	friday	saturday	sunday
11 Easy Run 3mi 5 x 20sec strides	12 Speed Day 10min warmup Interval: 5 x 3min 2min (jog) recovery 10min cooldown	13 Off Day, no running	14 Easy Run 4mi	15 Off Day, no running	16 LR + Workout 1mi warmup 10k: 2 x 10min 5min (jog) recovery 1mi cooldown	17 Off Day, no running

2026-05-18

monday	tuesday	wednesday	thursday	friday	saturday	sunday
18 Easy Run 3mi 5 x 20sec strides	19 Easy Run 4mi	20 Off Day, no running	21 Easy Run 4mi	22 Off Day, no running	23 Easy Run 5mi	24 Off Day, no running

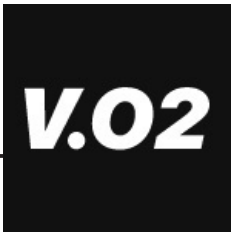


2026-05-25

monday	tuesday	wednesday	thursday	friday	saturday	sunday
25 Easy Run 4mi 5 x 20sec strides	26 Speed Day 10min warmup Interval: 1min Rest: 2min (jog) Interval: 2min Rest: 2min (jog) Interval: 3min Rest: 2min (jog) Threshold: 4min Rest: 2min (jog) Interval: 3min Rest: 2min (jog) Interval: 2min Rest: 2min (jog) Interval: 1min 5min cooldown	27 Off Day, no running	28 Easy Run 4mi	29 Off Day, no running	30 Easy Run 6mi	31 Off Day, no running

2026-06-01

monday	tuesday	wednesday	thursday	friday	saturday	sunday
Jun 1 Easy Run 4mi 5 x 20sec strides	2 Speed Day 10min warmup Repetition: 2 x 200m with 200m (jog) recovery Repetition: 2 x 400m with 400m (jog) recovery Interval: 4 x 2min with 1min (jog) recovery 5min cooldown	3 Off Day, no running	4 Easy Run 4mi	5 Off Day, no running	6 LR Progression 2mi warmup Marathon: 1mi Half Marathon: 1 mi Threshold: 1mi Interval: 1mi cooldown: 1mi	7 Off Day, no running



2026-06-08

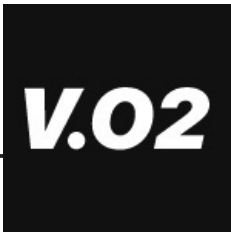
monday	tuesday	wednesday	thursday	friday	saturday	sunday
8 Easy Run 4mi 5 x 20sec strides	9 Speed Day 10min warmup Repetition: 6 x 400m with 400m (jog) recovery 10min cooldown	10 Off Day, no running	11 Off Day, no running	12 Easy Run 3mi	13 Easy Run 5mi	14 Off Day, no running

2026-06-15

monday	tuesday	wednesday	thursday	friday	saturday	sunday
15 Easy Run 4mi 5 x 20sec strides	16 Speed Day 10min warmup Interval: 4 x 800m with 2.5min (jog) recovery 10 min cooldown	17 Off Day, no running	18 Off Day, no running	19 Easy Run 4mi	20 Quality Session 2mi warmup Threshold: 4mi cooldown: 1mi	21 Off Day, no running

2026-06-22

monday	tuesday	wednesday	thursday	friday	saturday	sunday
22 Easy Run 5mi 5 x 20sec strides	23 Speed Day 10min warmup Threshold: 3 x 6min with 3min (jog) recovery 10min cooldown	24 Off Day, no running	25 Off Day, no running	26 Easy Run 5mi	27 Easy Run 8mi	28 Off Day, no running



2026-06-29

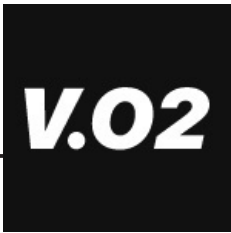
monday	tuesday	wednesday	thursday	friday	saturday	sunday
29 Easy Run 5mi 5 x 20sec strides	30 Speed Day 10min warmup Threshold: 14min Rest: 4min (jog) Threshold: 7min Rest: 3min (jog) Repetition: 2 x 200m with 200m (jog) recovery 5min cooldown	Jul 1 Off Day, no running	2 Off Day, no running	3 Easy Run 5mi	4 LR + Workout 3mi warmup Threshold: 5mi cooldown: 1mi	5 Off Day, no running

2026-07-06

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6 Easy Run 4mi 5 x 20sec strides	7 Speed Day 10min warmup Threshold: 4 x 4min with 3min (jog) recovery 10min cooldown	8 Off Day, no running	9 Off Day, no running	10 Easy Run 5mi	11 Easy Run 10mi	12 Off Day, no running

2026-07-13

monday	tuesday	wednesday	thursday	friday	saturday	sunday
13 Easy Run 3mi 5 x 20sec strides	14 Speed Day 10min warmup Interval: 8 x 2min with 1min (jog) recovery 10min cooldown	15 Off Day, no running	16 Off Day, no running	17 Easy Run 3mi	18 Easy Run 7mi	19 Off Day, no running



2026-07-20

monday	tuesday	wednesday	thursday	friday	saturday	sunday
20 Easy Run 3mi 5 x 20sec strides	21 Speed Day 10min warmup Repetition: 4 x 400m with 400m (jog) recovery 10min cooldown	22 Off Day, no running	23 Off Day, no running	24 Easy Run 3mi	25 Easy Run 5mi	26 Off Day, no running

2026-07-27

monday	tuesday	wednesday	thursday	friday	saturday	sunday
27 Easy Run 3mi @	28 Speed Day 10min warmup Repetition: 5 x 1min with 1min (jog) recovery 10min cooldown	29 Off Day, no running	30 Off Day, no running	31 Off Day, no running	Aug 1 Easy Run 20min 5 x 20sec strides	2 Race Day