

Quad-City Times Bix 7 ADVANCED **May** 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 3 mile run	27 Cross training Strengthening	28 30min tempo	29 5x400	30 4 mile run	1 Rest/cross train Strengthening	2 6 mile run
3 3 mile run	4 Cross training Strengthening	5 40min tempo	6 4x400 hills	7 4 mile run	8 Rest/cross train Strengthening	9 7 mile run
10 3 mile run	11 Cross training Strengthening	12 50min tempo	13 6x400	14 4 mile run	15 Rest/cross train Strengthening	16 8 mile run
17 3 mile run	18 Cross training Strengthening	19 40min tempo	20 5x400 hills	21 5 mile run	22 Rest/cross train Strengthening	23 7 mile run
24 3 mile run	25 Cross training Strengthening	26 50min tempo	27 7x400	28 5 mile run	29 Rest/cross train Strengthening	30 9 mile run
31 3 mile run						

Tempo

Build up to race pace over the first half of your run followed by ¼ of your run at race pace and the final ¼ easy.

Repeats (Wednesdays)

Can be completed at a track or any path/trail, aiming for 10% faster than race pace during bouts. Walk/jog between reps until no longer winded.

Long runs

Should be completed at a conversational pace. If feeling good, can gradually build up to race pace over final ¼ of the run.

Sunday/Thursday Runs

These should be done at an easy pace – think active recovery. If completing any speed work/increased mileage at Bix at Six workouts, decrease these earlier in the week.

Quad-City Times Bix 7 ADVANCED June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cross training Strengthening	2 40min tempo	3 6x400 hills	4 6 mile run	5 Rest/cross train Strengthening	6 10 mile run
7 3 mile run	8 Cross training Strengthening	9 50min tempo	10 8x400	11 6 mile run	12 Rest/cross train Strengthening	13 9 mile run
14 3 mile run	15 Cross training Strengthening	16 50min tempo	17 7x400 hills	18 4 mile run	19 Rest/cross train Strengthening	20 8 mile run
21 3 mile run	22 Cross training Strengthening	23 60min tempo	24 9x400	25 5 mile run	26 Rest/cross train Strengthening	27 10 mile run

28 3 mile run	29 Cross training Strengthening	30 50min tempo				
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Quad-City Times Bix 7 ADVANCED July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8x400 hills	2 6 mile run	3 Rest/cross train Strengthening	4 9 mile run
5 3 mile run	6 Cross training Strengthening	7 60min tempo	8 10x400	9 6 mile run	10 Rest/cross train Strengthening	11 10 mile run
12 3 mile run	13 Cross training Strengthening	14 40min tempo	15 9x400 hills	16 4 mile run	17 Rest/cross train Strengthening	18 6 mile run
19 3 mile run	20 Cross training Strengthening	21 30min tempo	22 6x400	23 3 mile run	24 Rest or 2-3 mile shake-out run	25 BIX!

26	27	28	29	30	31	