



# RUNNING PLAN

## WEEK 1

- DAY 1:** Run 5 minutes, walk 1 min – 3X
- DAY 2:** Rest or cross-train
- DAY 3:** Run 6 minutes, walk 1 min – 3X
- DAY 4:** Rest
- DAY 5:** Run 7 minutes, walk 1 min – 3X
- DAY 6:** Rest or cross-train
- DAY 7:** Rest

## WEEK 2

- DAY 1:** Run 7 minutes, walk 1 min – 3X
- DAY 2:** Rest or cross-train
- DAY 3:** Run 8 minutes, walk 1 min – 3X
- DAY 4:** Rest
- DAY 5:** Run 7 minutes, walk 1 min – 3X
- DAY 6:** Rest or cross-train
- DAY 7:** Rest

## WEEK 3

- DAY 1:** Run 10 minutes, walk 1 min – 2X
- DAY 2:** Cross-train
- DAY 3:** Run 12 minutes, walk 1 min – 2X
- DAY 4:** Rest
- DAY 5:** Run 13 minutes, walk 1 min – 2X
- DAY 6:** Rest or cross-train
- DAY 7:** Rest

## WEEK 4

- DAY 1:** Run 15 minutes, walk 1 min – 2X
- DAY 2:** Cross-train
- DAY 3:** Run 17 minutes, walk 1 min, run 7 min
- DAY 4:** Rest
- DAY 5:** Run 19 minutes, walk 1 min, run 7 min
- DAY 6:** Rest or cross-train
- DAY 7:** Rest

## WEEK 5

- DAY 1:** Run 20 minutes, walk 1 min, run 6 min
- DAY 2:** Cross-train
- DAY 3:** Run 24 minutes
- DAY 4:** Rest
- DAY 5:** Run 26 minutes
- DAY 6:** Rest or cross-train
- DAY 7:** Rest

## WEEK 6

- DAY 1:** Run 28 minutes
- DAY 2:** Rest or cross-train
- DAY 3:** Run 30 minutes
- DAY 4:** Rest
- DAY 5:** Run 20 minutes
- DAY 6:** Rest or cross-train
- DAY 7:** Race