


8 WEEKS TO TRAIN

MAY 13 - JULY 07

# RUN YOUR CITY

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Week 1</b> MAY 13-19	<b>13</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>14</b> <input type="checkbox"/> Easy Run 4K	<b>15</b> <input type="checkbox"/> Workout Intervals: 10 x 60 sec on, 60 sec jog	<b>16</b> <input type="checkbox"/> Yoga	<b>17</b> <input type="checkbox"/> Rest	<b>18</b> <input type="checkbox"/> Easy Run 6K	<b>19</b> <input type="checkbox"/> Rest
<b>Week 2</b> MAY 20-26	<b>20</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>21</b> <input type="checkbox"/> Easy Run 5K	<b>22</b> <input type="checkbox"/> Workout Intervals: 4 x 30 sec on, 30 sec jog, 4 x 60 sec on, 60 sec jog, 4 x 90 sec on, 90 sec jog, 2 min rest	<b>23</b> <input type="checkbox"/> Yoga	<b>24</b> <input type="checkbox"/> Rest	<b>25</b> <input type="checkbox"/> Easy Run 7K	<b>26</b> <input type="checkbox"/> Rest
<b>Week 3</b> MAY 27-JUN 02	<b>27</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>28</b> <input type="checkbox"/> Easy Run 5K	<b>29</b> <input type="checkbox"/> Workout Hill Training: 1 x 90 sec hills, 4 x 45 sec hills, 4 x 60 sec hills, 1 x 90 sec hill	<b>30</b> <input type="checkbox"/> Yoga	<b>31</b> <input type="checkbox"/> Rest	<b>01</b> <input type="checkbox"/> Tempo: 2 x 10 min @ T, 90 sec jog rest	<b>02</b> <input type="checkbox"/> Long Run 8K
<b>Week 4</b> JUN 03-09	<b>03</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>04</b> <input type="checkbox"/> Easy Run 5K	<b>05 Global Running Day!</b> <input type="checkbox"/> Workout Tempo Run/Pace Practice: 4-5 x 1K @ Goal 10K pace, 1 min walk recovery	<b>06</b> <input type="checkbox"/> Yoga	<b>07</b> <input type="checkbox"/> Rest	<b>08</b> <input type="checkbox"/> Easy Run 5K	<b>09</b> <input type="checkbox"/> Long Run 9K
<b>Week 5</b> JUN 10-16	<b>10</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>11</b> <input type="checkbox"/> Easy Run 5K + 5 x strides	<b>12</b> <input type="checkbox"/> Workout Intervals: 3-4 x 1K, 400m, 400m 60 sec rest between reps, 90 sec rest between sets	<b>13</b> <input type="checkbox"/> Yoga	<b>14</b> <input type="checkbox"/> Rest	<b>15</b> <input type="checkbox"/> Easy Run 5K	<b>16</b> <input type="checkbox"/> Long Run w/ Tempo: 10K continuous, 3K easy run, 5K @ T, 2K easy run
<b>Week 6</b> JUL 17-23	<b>17</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>18</b> <input type="checkbox"/> Easy Run 6K	<b>19</b> <input type="checkbox"/> Workout Tempo Run/Pace Practice: 3K, 2K, 1K @ Goal 10K pace, 2 min walk recovery	<b>20</b> <input type="checkbox"/> Yoga	<b>21</b> <input type="checkbox"/> Rest	<b>22</b> <input type="checkbox"/> Easy Run 5K	<b>23</b> <input type="checkbox"/> Long Run 12K
<b>Week 7</b> JUL 24-30	<b>24</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>25</b> <input type="checkbox"/> Easy Run 8K	<b>26</b> <input type="checkbox"/> Workout Tempo Run/Pace Practice: 1K @ I pace, 5K @ Goal 10K pace, 1K @ I pace, 2 min rest	<b>27</b> <input type="checkbox"/> Yoga	<b>28</b> <input type="checkbox"/> Rest	<b>29</b> <input type="checkbox"/> Easy Run 6K	<b>30</b> <input type="checkbox"/> Not-so Long Run 8K
<b>Week 8</b> JUL 01-07	<b>01</b> <input type="checkbox"/> Mindfulness/ Mental Prep	<b>02</b> <input type="checkbox"/> Easy Run 5K + 5 x strides	<b>03</b> <input type="checkbox"/> Workout Tempo Run/Pace Practice: 5 x 1K @ Goal 10K pace, 90 sec rest	<b>04</b> <input type="checkbox"/> Yoga	<b>05</b> <input type="checkbox"/> 3-5K easy Get ready to jam!	<b>06</b> <input type="checkbox"/> Rest	<b>07</b>  Race!