

RUN: EARNED RUNS 'ON TO THE NEW YEAR 2018-2019 5K TRAINING PLAN

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Dec 2	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls DWarm-ups Run: walk (7:1min) x 3 = <u>24min</u>	Dead Bugs	Myrtls DWarm-ups Run: walk (7:2min) x 3 = <u>27 min</u>	Foam Roll	Myrtls DWarm- ups Run: walk (8:2 min) x 3 = <u>30 min</u>
	Recover: 20 min walk		Post-run stretches		Post-run stretches		Post-run stretches
	Post-run Stretches						
Week 2 Dec 9	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls DWarm-ups Run: walk (8:2min) x 3 = <u>30 min</u>	Dead Bugs	Myrtls DWarm-ups Run: walk (10:2min) x 3 = <u>36 min</u>	Foam Roll	Myrtls DWarm- ups Run 1 mile; walk 10min
	Recover: 20min walk		Post-run Stretches		Post-run Stretches		Post-run Stretches
	Post-run Stretches						
Week 3 Dec 16	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls DWarm-ups Run: walk (12:2min) x 3 = <u>42 min</u>	Dead Bugs	Myrtls DWarm-ups Run: walk (12:1min) x 3 = <u>39 in</u>	Foam Roll	Myrtls DWarm- ups Run 2miles; walk 10 <u>min</u>
	Recover: 20min walk		Post-run Stretches		Post-run Stretches		Post-run Stretches
	Post-run Stretches						
Week 4 Dec 23	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls DWarm-ups Run: walk (15:2min) x 3 = <u>51min</u>	Dead Bugs 30 min walk Foam Roll	Myrtls DWarm-ups Run: walk (7:1min) x 3	20 min walk Foam Roll	Myrtls Run 3 miles! walk 10 min
	Recover: 30min walk		Post-run Stretches		Post-run Stretches		Post-run Stretches
	Post-run Stretches						

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Week 5	Myrtls	Myrtls	Myrtls	
Dec 30	Dynamic Warm-ups	DWarm-ups	DWarm-ups	Recover 30 min walk
	Recover: 30min walk	Dec 31 RUN New Year's Eve 5K	Jan1 RUN New Year's Day 5K	Foam Roll
	Post-run Stretches	Post-run Stretches	Post-run Stretches	
		Post-run Stretches	OR	
		OR	Recover 30 min walk	
		Run 1 mile: walk 10min	Foam Roll	
		Post-run Stretches		

- 1) **Preceding the run: walk sessions, a warm-up walk should be performed of about 5-10 minutes. After the sessions, a cool-down of about 5-10 minutes can be added.**
- 2) **Dynamic warm-ups:** stretches that help increase joint flexibility.
- 3) **STRENGTH:** design your own routines or see the RESOURCES page for suggestions
- 4) **MYRTL's** are a set of movements that improve hip mobility; BEST performed before each run. Get at least one session/week done regardless of timing.
- 5) **DEAD BUGS** are core/abdominal exercises; do these or choose your own.
- 6) **Foam Rolling** is a type of self-massage that helps relieve tightness in soft tissue.
- 7) **See RESOURCES page for descriptions/video demonstrations of above routines!**