

RUN: EARNED RUNS 'ON TO THE NEW YEAR 2019-2020 5K TRAINING PLAN
[CHECK NOTES ON THE SECOND PAGE FOR NOTES]

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Dec 1				Lower Body Strength Moderate Intensity 20 min walk	Myrtls DWarm-ups Run: walk (7:2min) x 3 = <u>27 min</u> Post*-run stretches	Foam Roll	Myrtls DWarm- ups Run: walk (8:2 min) x 3 = <u>30 min</u> Post*-run stretches
Week 2 Dec 8	Myrtls Dynamic Warm-ups Recover: 20min walk Post*-run Stretches	Upper Body Strength	Myrtls DWarm-ups Run: walk (8:2min) x 3 = <u>30 min</u> Post*-run Stretches	Dead Bugs	Myrtls DWarm-ups Run: walk (10:2min) x 3 = <u>36 min</u> Post*-run Stretches	Foam Roll	Myrtls DWarm- ups Run 1 mile; walk 10min Post*-run Stretches
Week 3 Dec 15	Myrtls Dynamic Warm-ups Recover: 20min walk Post*-run Stretches	Lower Body Strength	Myrtls DWarm-ups Run: walk (12:2min) x 3 = <u>42 min</u> Post*-run Stretches	Dead Bugs	Myrtls DWarm-ups Run: walk (12:1min) x 3 = <u>39 in</u> Post*-run Stretches	Foam Roll	Myrtls DWarm- ups Run 2miles; walk 10min Post*-run Stretches
Week 4 Dec 22	Myrtls Dynamic Warm-ups Recover: 30min walk Post*-run Stretches	Upper Body Strength	Myrtls DWarm-ups Run: walk (15:2min) x 3 = <u>51min</u> Post*-run Stretches	Dead Bugs 30 min walk Foam Roll	Myrtls DWarm-ups Run: walk (7:1min) x 3 Post*-run Stretches	20 min walk Foam Roll	Myrtls Run 3 miles! walk 10 min Post*-run Stretches

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Week 5	Myrtls Dynamic	Myrtls DWarm	Myrtls DWarm-	Myrtls DWarm-	Recover 30 min
Dec 29	Warm-ups	-ups	ups	ups	walk
	Recover: 30min walk	Run 1 mile: walk 10min	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 OR Run 1 mile: walk 10min Post*-run Stretches	Post*-run Stretches	

Post*-run stretches can be performed pre-run if you prefer, or pre- and post-run!

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!