

RUN: EARNED RUNS 'ON TO THE NEW YEAR 2020-2021 5K TRAINING PLAN
[CHECK NOTES ON THE SECOND PAGE FOR NOTES]

	SUNDAY	MONDAY	TUESDAY	WEDNES DEC 2	THURSDAY	FRIDAY	SATURDAY
Week 1 Nov 29				Lower Body Strength	Myrtls Dynamic Warm-ups	Foam Roll	Myrtls Dynamic Warm-ups
				Moderate Intensity Walk 20 min	Run: walk (7:2 min) x 3 = <u>27 min</u>		Run: walk (8:2 min) x 3 = <u>30 min</u>
					Post*-run stretches		Post*-run stretches
Week 2 Dec 6	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls Dynamic Warm-ups	Dead Bugs	Myrtls Dynamic Warm-ups	Foam Roll	Myrtls Dynamic Warm-ups
	Recover: Walk-brisk <u>20 min</u>		Run: walk (8:2min) x 3 = <u>30 min</u>		Run: walk (10:2min) x 3 = <u>36 min</u>		Slow Run 1 mile Walk 10 min
	Post*-run Stretches		Post*-run Stretches		Post*-run Stretches		Post*-run Stretches
Week 3 Dec 13	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls Dynamic Warm-ups	Dead Bugs	Myrtls Dynamic Warm-ups	Foam Roll	Myrtls Dynamic Warm-ups
	Recover: Walk-brisk 20min		Run: walk (12:2min) x 3 = <u>42 min</u>		Run: walk (12:1min) x 3 = <u>39 min</u>		Slow Run 2 miles Walk 10min
	Post*-run Stretches		Post*-run Stretches		Post*-run Stretches		Post*-run Stretches
Week 4 Dec 20	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls Dynamic Warm-ups	Dead Bugs	Myrtls Dynamic Warm-ups	Walk 20 min	Myrtls Dynamic Warm-ups
	Recover: Walk-brisk 30min		Run: walk (13:2min) x 3 = <u>45 min</u>	Walk 30 min	Run: walk (13:1min) x 3 = 42min	Foam Roll	Slow Run 3 miles! Walk 10 min
	Post*-run Stretches		Post*-run Stretches	Foam Roll	Post*-run Stretches		Post*-run Stretches

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	Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
Week 5	Myrtls	Myrtls	Myrtls	Myrtls	Myrtls	Myrtls	Re-cover
	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Walk30
Dec 27	Warm-ups	Warm-ups	Warm-ups	Warm-ups	Warm-ups	Warm-ups	min
	Recover: Walk 30min	Run 1.5 miles: Walk 10min	Run 1 mile: Walk 10min Post*-run Stretches	Walk-brisk 20 min	Dec 31 RUN New Year's Eve 5K	Jan 1 RUN New Year's Day 5K	Foam Roll
	Post*-run Stretches	Post*-run Stretches			Post*-run Stretches		
					OR Walk-brisk 20 min		

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!