

RUN: EARNED RUNS 'ON TO THE NEW YEAR 2023-2024 5K TRAINING PLAN
[CHECK NOTES AT THE END OF BOTH PAGES FOR NOTES]

	SUNDAY	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY
Week 1 Nov 26				Lower Body Strength Moderate Intensity Walk 20 min	Myrtls Run: walk (5:2 min) x 3 = <u>21 min</u> Post*-run stretches	Foam Roll	Myrtls Run: walk (6:2 min) x 3 = <u>24 min</u> Post*-run stretches
Week 2 Dec 3	Myrtls Recover- Walk-brisk <u>20 min</u> Post*-run Stretches	Upper Body Strength	Myrtls Run: walk (7:2min) x 3 = <u>27 min</u> Post*-run Stretches	Dead Bugs	Myrtls Run: walk (8:2min) x 3 = <u>30 min</u> Post*-run Stretches	Foam Roll	Myrtls Slow Run 1 mile Walk 10 min Post*-run Stretches
Week 3 Dec 10	Myrtls Recover- Walk-brisk 20min Post*-run Stretches	Lower Body Strength	Myrtls Run: walk (10:2min) x 3 = <u>36min</u> Post*-run Stretches	Dead Bugs	Myrtls Run: walk (11:1min) x 3 = <u>36 min</u> Post*-run Stretches	Foam Roll	Myrtls Slow Run 2 miles + Walk 10min Post*-run Stretches
Week 4 Dec 17	Myrtls Recover- Walk-brisk 30min Post*-run Stretches	Upper Body Strength	Myrtls Run: walk (12:2min) x 3 = <u>42 min</u> Post*-run Stretches	Dead Bugs Walk 30 min Foam Roll	Myrtls Run: walk (13:1min) x 3 = 42 min Post*-run Stretches	Walk 20 min Foam Roll	Myrtls Slow Run 3 miles: Walk 10min Post*-run Stretches

- Post*-run stretches can be performed pre-run if you prefer, or pre- and post-run!
- Preceding each run:walk session 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.

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	Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
Week 5	Myrtls	Upper Body	Myrtls	Dead Bugs	Myrtls	Walk 20 min	Myrtls
Dec 24	Recover: Walk 30min	Strength	Run: walk (14:2min) x 3 = <u>48min</u>	Walk 30 min	Run 1.5miles + Walk 10min	Foam Roll	Run 1 mile + Walk 10min
	Post*-run Stretches		Post*-run Stretches	Foam Roll	Post*-run Stretches		Post*-run Stretches
Week 6							
Dec 31	NEW YEAR'S EVE 5K RUN	NEW YEAR'S DAY 5K RUN	Recover Walk 30 min				
	Post*-run Stretches	Post*-run Stretches	Foam Roll				
	OR Walk-brisk 30 min	OR Recover Walk 30 min					

NOTES

- 1) 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.
- 2) STRENGTH: design your own routines or see the RESOURCES page for suggestions
- 3) DEAD BUGS are core/abdominal exercises; do these or choose your own.
- 4) Foam Rolling is a type of self-massage that helps relieve tightness in soft tissue.
- 5) See RESOURCES page for descriptions/video demonstrations of above routines!