

FEBRUARY 2024 TRAINING PLAN

BEGINNER LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	29	30	31	1 Strength Week 4 Day 2 (2x12)	2 5min walking warm-up 20min easy run 4x strides	3 10min walking warm-up 4.5mi easy long run	4 FULL REST DAY
WEEK 2	5 15min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	6 Strength Week 1 Day 2 (2x12)	7 10min walking warm-up 25min easy run 4x strides	8 Strength Week 1 Day 1 (2x12)	9 5min walking warm-up 20min easy run 4x strides	10 10min walking warm-up 5mi easy long run	11 FULL REST DAY
WEEK 3	12 10min warm-up (easy) 5x30sec ON (fast), 60sec OFF (walking recovery) 10min cooldown (easy) CUTBACK WEEK	13 Strength Week 2 Day 4 (3x8)	14 10min walking warm-up 20min easy run 4x strides	15 Mobility & Core	16 5min walking warm-up 15min easy run 4x strides	17 10min walking warm-up 4mi easy long run	18 FULL REST DAY
WEEK 4	19 15min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	20 Strength Week 2 Day 2 (3x8)	21 10min walking warm-up 30min easy run 4x strides	22 Strength Week 2 Day 1 (3x8)	23 5min walking warm-up 20min easy run 4x strides	24 10min walking warm-up 5mi easy long run	25 FULL REST DAY
WEEK 5	26 10min warm-up (easy) 4x strides 10x200m w/ 200m walking recovery in between reps 10min cooldown (easy)	27 Strength Week 3 Day 2 (3x8)	28 10min walking warm-up 35min easy run 4x strides	29 Strength Week 3 Day 1 (3x8)	1	2	3

SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS