

NOVEMBER 2024 TRAINING PLAN

BEGINNER LEVEL

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------|--|---|---|--|------------------------------|---------------------|---|
| WEEK 1 | 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| | | SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS | | | FULL REST DAY | FULL REST DAY | FULL REST DAY <small>Watch the New York City Marathon!</small> |
| WEEK 2 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 30min easy run | Strength 2 Week 4 Day 2 (2x12) | 20min easy run | Strength 2 Week 4 Day 1 (2x12) | 20min easy run 4x strides | 40min easy long run | FULL REST DAY |
| WEEK 3 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 30min easy run | Strength 2 Week 1 Day 2 (2x12) | 15min warm-up (easy) 4x strides 4x400m @ goal 5K pace w/ 200m walking recovery 5min cooldown (easy) | Strength 2 Week 1 Day 1 (2x12) | 20min easy run 4x strides | 50min easy long run | FULL REST DAY |
| WEEK 4 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | 30min easy run 4x strides | Strength 2 Week 2 Day 2 (3x8) | 15min warm-up (easy) 4x strides 5x200m @ goal 5K pace w/ 200m walking recovery 5min cooldown (easy) | Strength 2 Week 2 Day 1 (3x8) | 20min easy run 4x strides | 60min easy long run | FULL REST DAY |
| WEEK 5 | 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| | 10min warm-up (easy) 6x1min on/1min off 5min cooldown (easy) RACE WEEK | Mobility | 1mi easy shakeout run 6x strides |  | FULL REST DAY | 30-45min easy run | |