

# MARCH 2024 TRAINING PLAN

## BEGINNER LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	26	27	28	29	1	2	3
		SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS			5min walking warm-up 20min easy run 4x strides	10min walking warm-up 5.5mi easy long run	FULL REST DAY
WEEK 2	4	5	6	7	8	9	10
	10min warm-up (easy) 2x1mi w/ 2min walking recovery 10min cooldown (easy)	Strength Week 4 Day 2 (2x12)	10min walking warm-up 35min easy run 6x strides	Strength Week 4 Day 1 (2x12)	5min walking warm-up 20min easy run 4x strides	10min walking warm-up 6mi easy long run	FULL REST DAY
WEEK 3	11	12	13	14	15	16	17
	15min warm-up (easy) 6x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 1 Day 2 (2x12)	10min walking warm-up 35min easy run 6x strides	Strength Week 1 Day 1 (2x12)	5min walking warm-up 20min easy run 6x strides	10min walking warm-up 7mi easy long run	FULL REST DAY
WEEK 4	18	19	20	21	22	23	24
	15min warm-up (easy) 20min steady state 10min cooldown (easy)  <b>GOLDY'S RUN PEAK WEEK</b>	Strength Week 2 Day 2 (3x8)	15min warm-up (easy) 8x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 2 Day 1 (3x8)	5min walking warm-up 20min easy run 4x strides	3mi easy warm-up 2mi @ goal race pace 1mi easy cooldown	FULL REST DAY
WEEK 5	25	26	27	28	29	30	31
	10min warm-up (easy) 2x1mi @goal pace w/ 2min walking recovery 10min cooldown (easy)  <b>TAPER WEEK</b>	Strength Week 3 Day 2 (3x8)	10min walking warm-up 25min easy run 6x strides	Strength Week 3 Day 1 (3x8)	5min walking warm-up 15min easy run 4x strides	10min walking warm-up 5mi easy long run	FULL REST DAY