

NOVEMBER 2023 TRAINING PLAN

BEGINNER LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30	31	1 FULL REST DAY	2 FULL REST DAY	3 FULL REST DAY	4 FULL REST DAY	5 FULL REST DAY Watch the NYC Marathon!
WEEK 2	6 30min easy run	7 Strength Week 1 Day 2 (2x12)	8 15min warm-up (easy) 4x strides 4x400m @ goal 5K pace w/ 200m walking recovery 5min cooldown (easy)	9 Strength Week 1 Day 1 (2x12)	10 20min easy run 4x strides	11 45min easy long run	12 FULL REST DAY
WEEK 3	13 30min easy run 4x strides	14 Strength Week 2 Day 2 (3x8)	15 15min warm-up (easy) 4x strides 5x200m @ goal 5K pace w/ 200m walking recovery 5min cooldown (easy)	16 Strength Week 2 Day 1 (3x8)	17 20min easy run 4x strides	18 60min easy long run	19 FULL REST DAY
WEEK 4	20 10min warm-up (easy) 6x1min on/1min off 5min cooldown (easy)	21 Mobility	22 1mi easy shakeout run 6x strides	23 	24 FULL REST DAY	25 30min easy run	26 FULL REST DAY
WEEK 5	27 30min easy run 4x strides	28 Strength Week 3 Day 2 (3x8)	29 15min warm-up (easy) 6x strides 3x1mi @ slightly faster than goal race pace w/ 1min walking recovery 5min cooldown (easy)	30 Strength Week 3 Day 1 (3x8)	1	2	3

**SEE FULL TRAINING
PLAN FOR RUN
DESCRIPTIONS/
DETAILS**