

AUGUST 2025 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			20min easy run 4x strides	90min easy effort long run	FULL REST DAY
WEEK 2	4	5	6	7	8	9	10
	30min easy run	Strength 2 Week 1 Day 2 (2x12)	10min warm-up (easy) 4x strides 3x1000m @ goal 5K pace w/ 500m jogging recovery 10min cooldown (easy)	Strength 2 Week 1 Day 1 (2x12)	20min easy run 4x strides	50min easy effort long run	FULL REST DAY
WEEK 3	11	12	13	14	15	16	17
	10min warm-up (easy) 4x strides 5x200m @ goal 5K pace w/ 200m walking recovery 10min cooldown (easy) RACE WEEK	Strength 2 Week 1 Day 4 (2x12)	20min easy run	Mobility & Core	20min shakeout 6x strides		FULL REST DAY
WEEK 4	19	19	20	21	22	23	24
	FULL REST DAY	30min easy run	Mobility	30min easy run 4x strides	Strength 2 Week 2 Day 4 (3x8)	90min easy-effort 1mi fast finish	FULL REST DAY
WEEK 5	25	26	27	28	29	30	31
	45min easy run	Strength 2 Week 2 Day 2 (3x8)	10min warm-up (easy) 2x2mi @ goal HM pace, 0.5mi recovery jog 10min cooldown (easy)	Strength 2 Week 2 Day 1 (3x8)	20min easy run 4x strides	100min easy effort long run	FULL REST DAY