



# OCTOBER 2025 TRAINING PLAN

## BEGINNER LEVEL



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	29	30	1	2	3	4	5
	<b>SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS</b>		15min warm-up (easy) 30min steady state 10min cooldown (easy)	Strength 2 Week 1 Day 1 (2x12)	30min easy run 4x strides	3mi easy warm-up 2mi @ 15sec faster than goal race pace 2mi easy cooldown	FULL REST DAY
WEEK 2	6	7	8	9	10	11	12
	40min easy run 4x strides	Strength 2 Week 2 Day 2 (3x8)	10min warm-up (easy) 2x2mi @ goal pace, 0.5mi recovery jog 5min cooldown (easy)	Strength 2 Week 2 Day 1 (3x8)	30min easy run 4x strides	4mi easy warm-up 4mi progression with the last mile at goal race pace 1mi easy cooldown	FULL REST DAY
WEEK 3	13	14	15	16	17	18	19
	10min warm-up (easy) 6x strides 4x1mi @ slightly faster than goal race pace w/ 1min walking recovery 5min cooldown (easy) <b>TAPER WEEK</b>	Strength 2 Week 3 Day 1 (3x8)	10min warm-up (easy) 8x1min on/1min off 5min cooldown (easy)	Strength 2 Week 3 Day 2 (3x8)	20min easy run 4x strides	60min easy effort long run	FULL REST DAY
WEEK 4	20	21	22	23	24	25	26
	10min warm-up (easy) 6x strides 4x800m @ goal race pace w/ 1min walking recovery in between 5min cooldown (easy) <b>RACE WEEK!!!</b>	Strength 2 Week 1 Day 4 (2x12)	20min easy run	Mobility	1mi easy shakeout 6x strides	 	FULL REST DAY
WEEK 5	27	28	29	30	31	1	2
	FULL REST DAY <b>CUTBACK WEEK</b>	FULL REST DAY	FULL REST DAY	FULL REST DAY	FULL REST DAY		