

SEPTEMBER 2023 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	100min easy effort long run	FULL REST DAY
WEEK 2	4	5	6	7	8	9	10
	10min warm-up (easy) 6x strides 4x1mi @ slightly faster than goal race pace w/ 1min walking recovery 5min cooldown (easy)	Strength Week 4 Day 1 (2x12)	10min warm-up (easy) 6x1min on/1min off 10min cooldown (easy)	Strength Week 4 Day 2 (2x12)	20min easy run 4x strides	60min easy effort long run	FULL REST DAY
WEEK 3	11	12	13	14	15	16	17
	10min warm-up (easy) 6x strides 3x800m @ goal race pace w/ 1min walking recovery in between 5min cooldown (easy)	Strength Week 3 Day 4 (3x8)	20min easy run	Mobility	1mi easy shakeout 6x strides		FULL REST DAY
WEEK 4	18	19	20	21	22	23	24
	FULL REST DAY	Mobility	30min easy run	Strength Week 4 Day 4 (2x12)	20min easy run	50min easy effort long run	FULL REST DAY
WEEK 5	25	26	27	28	29	30	1
	35min easy run 4x strides	Strength Week 1 Day 2 (2x12)	20min warm-up (easy) 5x 30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	Strength Week 1 Day 1 (2x12)	20min easy run 4x strides	75min easy effort long run	