

MAY 2023 TRAINING PLAN

BEGINNER LEVEL

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1 10min warm-up (easy) 6x strides 3x1mi @ 10K pace w/ 2min walking recovery 10min cooldown (easy)	2 Strength Week 4 Day 2 (2x12)	3 10min warm-up (easy) 4x2min uphill @ 10k effort w/ slow jog down for recovery 10min cooldown (easy)	4 Strength Week 4 Day 1 (2x12)	5 30min easy run 6x strides	6 3mi easy 2mi @ 15sec faster than goal race pace 2mi easy	7 FULL REST DAY
WEEK 2	8 CUTBACK (RECOVERY) WEEK 15min warm-up (easy) 20min steady state 10min cooldown (easy)	9 Strength Week 2 Day 4 (3X8)	10 25min easy run	11 Mobility drills	12 20min easy run 6x strides	13 8 mile long run	14 FULL REST DAY
WEEK 3	15 10min warm-up (easy) 6x strides 3x1mi @ 10K pace w/ 1min walking recovery 10min cooldown (easy)	16 Strength Week 1 Day 2 (2x12)	17 10min warm-up (easy) 5x2min uphill @ 10k effort w/ slow jog down for recovery 10min cooldown (easy)	18 Strength Week 1 Day 1 (2x12)	19 30min easy run 6x strides	20 4mi easy 3mi @ 15sec faster than goal race pace 2mi easy	21 FULL REST DAY
WEEK 4	22 10min warm-up (easy) 2x2mi @ goal pace, 0.5mi recovery jog 10min cooldown (easy)	23 Strength Week 2 Day 2 (3x8)	24 15min warm-up (easy) 5x30sec uphill @ 5k effort w/ 2min recovery (walk down) 10min cooldown (easy)	25 Strength Week 2 Day 1 (3x8)	26 30min easy run 6x strides	27 10 mile long run	28 FULL REST DAY
WEEK 5	29 LOLA'S RACE WEEK 15min warm-up (easy) 30min steady state 10min cooldown (easy)	30 Strength Week 3 Day 1 (3x8)	31 30min easy run	1 2 SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/ DETAILS		3 	4