

BEGINNER - NEW RUNNER



Key	2:1 Run 2 minutes:Walk 1 minute		4:1 Run 4 minutes:Walk 1 minute				
	3:1 Run 3 minutes:Walk 1 minute		5:1 Run 5 minutes:Walk 1 minute				
Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Rest	20 minutes easy 2:1	Rest or Crosstrain	Easy Run 20 Minutes 2:1 Social Run at iRun 6PM	Easy Run 20 Minutes 2:1	Rest	Long Run 25 Minutes 2:1
2	Rest	25 minutes easy 2:1	Rest or Crosstrain	Easy Run 20 Minutes 2:1 Social Run at iRun 6PM	Easy Run 20 Minutes 2:1	Rest	Long Run 30 Minutes 2:1
3	Rest	25 minutes easy 3:1	Rest or Crosstrain	Easy Run 20 Minutes 2:1 Social Run at iRun 6PM	Easy Run 25 Minutes 3:1	Rest	Long Run 30 Minutes 2:1
4	Rest	25 minutes 3:1 easy	Rest or Crosstrain	Easy Run 20 Minutes 2:1 Social Run at iRun 6PM	Easy Run 25 Minutes 3:1	Rest	Long Run 35 Minutes 3:1
5	Rest	10min easy 4x1min hill repeats 10 min easy (run up, walk down)	Rest or Crosstrain	Easy Run 20 Minutes 2:1 Social Run at iRun 6PM	Easy Run 30 Minutes 4:1	Rest	Long Run 40 Minutes 4:1
6	Rest	30 minutes easy 5:1	Rest or Crosstrain	Easy Run 20 Minutes 2:1 Social Run at iRun 6PM	Easy Run 20 Minutes 5:1	Rest	Run for the Heights Race Day