



## Running Group 2020

### 8 week- Fall 10k Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday- Virtual Group Run	Sunday
1 (9/14-20)	2.5 mile run	30 min cross train	2 mile run + strength	Rest	40 min cross train	3 miles	Stretch and Strengthen
2 (9/21-27)	2.5 mile run	30 min cross train	2 mile run + strength	Rest	40 min cross train	3.5 miles	Stretch and Strengthen
3 (9/28-10/4)	2.5 mile run	35 min cross train	2 mile run + strength	Rest	50 min cross train	4 miles	Stretch and Strengthen
4 (10/5-11)	3 mile run	35 min cross train	2 mile run + strength	Rest	50 min cross train	4 miles	Stretch and Strengthen
5 (10/12-18)	3 mile run	40 min cross train	2 mile run + strength	Rest	50 min cross train	4.5 miles	Stretch and Strengthen
6 (10/19-25)	3 mile run	40 min cross train	2 mile run + strength	Rest	60 min cross train	5 miles	Stretch and Strengthen
7 10/26-11/1)	3 mile run	45 min cross train	2 mile run + strength	Rest	60 min cross train	5.5 miles	Stretch and Strengthen
8 (11/2-8)	3 mile run	45 min cross train	2 mile run + strength	Rest	60 min cross train	6 miles	Stretch and Strengthen
9 (11/9-15)	Easy run/Cross train or rest	Rest	<b>VET 10k Virtual Race!</b>				

\*For our Virtual Group Runs- Pick your own route, use social media and running apps to share and encourage with pictures and words on Facebook Group: <https://www.facebook.com/groups/RedefineFitnessRunningTeam/>

