



## Running Group 2020 8 week- 5k FALL Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday- Virtual Group Run	Sunday
1 (9/14-20)	1.5 mile run	30 min cross train	1.5 mile run + strength	Rest	30 min cross train	1.5 miles	Stretch and Strengthen
2 (9/21-27)	1.75 mile run	30 min cross train	1.5 mile run + strength	Rest	30 min cross train	1.75 miles	Stretch and Strengthen
3 (9/28-10/4)	2 mile run	35 min cross train	1.5 mile run + strength	Rest	40 min cross train	2 miles	Stretch and Strengthen
4 (10/5-11)	2.25 mile run	35 min cross train	1.5 mile run + strength	Rest	40 min cross train	2.25 miles	Stretch and Strengthen
5 (10/12-18)	2.5 mile run	40 min cross train	2 mile run + strength	Rest	50 min cross train	2.5 miles	Stretch and Strengthen
6 (10/19-25)	2.75 mile run	40 min cross train	2 mile run + strength	Rest	50 min cross train	2.75 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	3 miles	Stretch and Strengthen
8 (11/2-8)	3 mile run	45 min cross train	2 mile run + strength	Rest	60 min cross train	3.1 miles	Stretch and Strengthen
9 (11/9-15)	Easy Run/Cross train or Rest	REST	<b>VET 5k 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/>

