

# Training Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 1	DEC. 17, 2018		12/18	12/19	12/20	12/21	12/22	12/23
	WARM UP, then alternate LIGHT -Jog 1-2 min. -Walk 1 min. (Repeat 3x)	WARM UP, then alternate LIGHT -Jog 1-2 min. -Walk 1 min. (Repeat 3x)	REST & STRETCH	WARM UP, then alternate LIGHT -Jog 1-2 min. -Walk 1 min. (Repeat 4x)	REST & STRETCH	WARM UP, then alternate LIGHT -Jog 1-2 min. -Walk 1 min. (Repeat 4x)	REST & STRETCH	
WEEK 2	12/24	12/25	12/26	12/27	12/28	12/29	12/20	
	WARM UP, then alternate MODERATE -Jog 3-5 min. -Walk 2 min. (Repeat 2x)	WARM UP, then alternate MODERATE -Jog 3-5 min. -Walk 2 min. (Repeat 2x)	REST & STRETCH	WARM UP, then alternate MODERATE -Jog 3-5 min. -Walk 2 min. (Repeat 2x)	WARM UP, then alternate MODERATE -Jog 4-5 min. -Walk 2 min. (Repeat 2x)	WARM UP, then alternate MODERATE -Jog 4-5 min. -Walk 2 min. (Repeat 2x)	REST & STRETCH	
WEEK 3	12/31	JAN. 1, 2019	1/2	1/3	1/4	1/5	1/6	
	REST & STRETCH	WARM UP, then MODERATE -Jog 15 min. or 1 mile	WARM UP, then MODERATE -Jog 15 min. or 1 mile	WARM UP, then LIGHT -Powerwalk 10 min.	REST & STRETCH	WARM UP, then MODERATE -Jog 15 min. or 1 mile	REST & STRETCH	
WEEK 4	1/7	1/8	1/9	1/10	1/11	1/12	1/13	
	WARM UP, then MODERATE -Jog 15 min. or 1 mile	WARM UP, then alternate HARD -Jog 5-8 min. -Walk 3 min. (Repeat 3x)	REST & STRETCH	REST & STRETCH	WARM UP, then MODERATE -Jog 20 min. or 1.5 miles	REST & STRETCH	WARM UP, then LIGHT -Powerwalk 10 min.	
WEEK 5	1/14	1/15	1/16	1/17	1/18	1/19	1/20	
	WARM UP, then alternate HARD -Jog 8-10 min. -Walk 3 min. (Repeat 3x)	WARM UP, then alternate HARD -Jog 8-10 min. -Walk 3 min. (Repeat 3x)	REST & STRETCH	WARM UP, then MODERATE -Jog 20 min. or 1.5-2 miles	WARM UP, then alternate HARD -Jog 8-10 min. -Walk 5 min. (Repeat 4x)	REST & STRETCH	WARM UP, then LIGHT -Powerwalk 10 min.	
WEEK 6	1/21	1/22	1/23	1/24	1/25	1/26	1/27	
	WARM UP, then HARD -Jog 20 min. or 1.5-2 miles	WARM UP, then HARD -Jog 20 min. or 1.5-2 miles	REST & STRETCH	WARM UP, then HARD -Jog 25 min. or 1.5-2 miles	WARM UP, then INTERVAL -10 sec. sprint -30 sec. walk (Repeat 4x) +10 min. HARD jog	WARM UP, then alternate HARD -Jog 12 min. -Walk 3 min. (Repeat 3x)	REST & STRETCH	
WEEK 7	1/28	1/29	1/30	1/31	FEB. 1, 2019	2/2	2/3	
	REST & STRETCH	WARM UP, then HARD -Jog 30 min. or 2-2.5 miles	WARM UP, then LIGHT -Powerwalk 10 min.	REST & STRETCH	WARM UP, then INTERVAL -10 sec. sprint -30 sec. walk (Repeat 5x) +15 min. HARD jog	WARM UP, then alternate HARD -Jog 15 min. -Walk 3 min. (Repeat 3x)	REST & STRETCH	
WEEK 8	2/4	2/5	2/6	2/7	2/8	2/9	2/10	
	REST & STRETCH	WARM UP, then INTERVAL -12 sec. sprint -30 sec. walk (Repeat 5x) +20 min. HARD jog	WARM UP, then alternate HARD -Jog 15 min. -Walk 3 min. (Repeat 3x)	REST & STRETCH	WARM UP, then HARD -Jog 30 min. or 2-2.5 miles	WARM UP, then HARD -Jog 35 min. or 2-2.5 miles	REST & STRETCH	
WEEK 9	2/11	2/12	2/13	2/14	2/15	2/16	2/17	
	WARM UP, then HARD -Jog 35 min. or 2.5-3 miles	WARM UP, then HARD -Jog 40 min. or 3 miles	REST & STRETCH	WARM UP, then HARD -Jog 40 min. or 3 miles	REST & STRETCH	WARM UP, then HARD -Jog 45 min. or 3-3.5 miles	REST & STRETCH	
RACE WEEK	2/18	2/19	2/20	2/21	2/22	2/23	2/24	
	WARM UP, then HARD -Jog 45 min. or 3-3.5 miles	WARM UP, then HARD -Jog 30 min. or 2-2.5 miles	REST & STRETCH	WARM UP, then HARD -Jog 20 min.	REST & STRETCH	RACE DAY		

WARM UP: 5-10 minutes of light walking/jogging  
RACE PACE: Goal minute per mile pace on race day  
LIGHT: Below race pace  
MODERATE: Near race pace  
HARD: At race pace or better  
IW: Interval Workout  
SPRINT: All out, hard running