

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 1, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
COOL DOWN	5:00	
	45:00	

WORKOUT SUMMARY:

5:00 warm up
[0:30 run, 4:30 walk] x 7
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 1, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
COOL DOWN	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
[0:30 run, 4:30 walk] x 8
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 1, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
RUN	0:30	
WALK	4:30	
COOL DOWN	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
 [0:30 run, 4:30 walk] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 2, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
COOL DOWN	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:00 run, 4:00 walk] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 2, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
COOL DOWN	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:00 run, 4:00 walk] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 2, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
RUN	1:00	
WALK	4:00	
COOL DOWN	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
 [1:00 run, 4:00 walk] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 3, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
COOL DOWN	5:00	
	01:00:00	

WORKOUT SUMMARY:
 5:00 warm up
 [1:30 run, 3:30 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 3, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
COOL DOWN	5:00	
	50:00	

WORKOUT SUMMARY:
 5:00 warm up
 [1:30 run, 3:30 walk] x 8
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 3, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
RUN	1:30	
WALK	3:30	
COOL DOWN	5:00	
	01:00:00	

WORKOUT SUMMARY:
 5:00 warm up
 [1:30 run, 3:30 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 4, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
COOL DOWN	5:00	
	01:05:00	

WORKOUT SUMMARY:
5:00 warm up
[2:00 run, 3:00 walk] x 11
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 4, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
COOL DOWN	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
 [2:00 run, 3:00 walk] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 4, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
RUN	2:00	
WALK	3:00	
COOL DOWN	5:00	
	01:00:00	

WORKOUT SUMMARY:
 5:00 warm up
 [2:00 run, 3:00 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 5, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
COOL DOWN	5:00	
	01:10:00	

WORKOUT SUMMARY:
 5:00 warm up
 [2:30 run, 2:30 walk] x 12
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 5, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
COOL DOWN	5:00	
	01:00:00	

WORKOUT SUMMARY:
 5:00 warm up
 [2:30 run, 2:30 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 5, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
RUN	2:30	
WALK	2:30	
COOL DOWN	5:00	
	01:00:00	

WORKOUT SUMMARY:
 5:00 warm up
 [2:30 run, 2:30 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 6, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
COOL DOWN	5:00	
	01:15:00	

WORKOUT SUMMARY:
 5:00 warm up
 [3:00 run, 2:00 walk] x 13
 5:00 cool down

#c210k for DISTANCE

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 6, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
COOL DOWN	5:00	
	01:00:00	

WORKOUT SUMMARY:
 5:00 warm up
 [3:00 run, 2:00 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 6, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
RUN	3:00	
WALK	2:00	
COOL DOWN	5:00	
	01:05:00	

WORKOUT SUMMARY:
 5:00 warm up
 [3:00 run, 2:00 walk] x 11
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 7, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
COOL DOWN	5:00	
	01:10:00	

WORKOUT SUMMARY:
 5:00 warm up
 [4:00 run, 2:00 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 7, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
COOL DOWN	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
 [4:00 run, 2:00 walk] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 7, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
RUN	4:00	
WALK	2:00	
COOL DOWN	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
 [4:00 run, 2:00 walk] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 8, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
COOL DOWN	5:00	
	01:10:00	

WORKOUT SUMMARY:
 5:00 warm up
 [5:00 run, 1:00 walk] x 10
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 8, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
COOL DOWN	5:00	
	58:00	

WORKOUT SUMMARY:

5:00 warm up
[5:00 run, 1:00 walk] x 8
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 8, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
RUN	5:00	
WALK	1:00	
COOL DOWN	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
 [5:00 run, 1:00 walk] x 9
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 9, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
COOL DOWN	5:00	
	01:13:00	

WORKOUT SUMMARY:

5:00 warm up
 [7:00 run, 2:00 walk] x 7
 5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 9, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
RUN	7:00	
WALK	2:00	
COOL DOWN	5:00	
	01:04:00	

WORKOUT SUMMARY:

5:00 warm up
[7:00 run, 2:00 walk] x 6
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 9, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	8:00	
WALK	2:00	
RUN	8:00	
WALK	2:00	
RUN	8:00	
WALK	2:00	
RUN	8:00	
WALK	2:00	
RUN	8:00	
WALK	2:00	
COOL DOWN	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
[8:00 run, 2:00 walk] x 5
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 10, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	10:00	
WALK	1:00	
RUN	10:00	
WALK	1:00	
RUN	10:00	
WALK	1:00	
RUN	10:00	
WALK	1:00	
COOL DOWN	5:00	
	54:00	

WORKOUT SUMMARY:
5:00 warm up
[10:00 run, 1:00 walk] x 4
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 10, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	20:00	
WALK	1:00	
RUN	20:00	
COOL DOWN	5:00	
	51:00	

WORKOUT SUMMARY:

5:00 warm up
20:00 run
1:00 walk
20:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 10, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	22:00	
WALK	1:00	
RUN	22:00	
COOL DOWN	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
22:00 run
1:00 walk
22:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 11, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	25:00	
WALK	1:00	
RUN	25:00	
COOL DOWN	5:00	
	01:01:00	

WORKOUT SUMMARY:

5:00 warm up
25:00 run
1:00 walk
25:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 11, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	30:00	
WALK	1:00	
RUN	25:00	
COOL DOWN	5:00	
	01:06:00	

WORKOUT SUMMARY:

5:00 warm up
30:00 run
1:00 walk
25:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 11, DAY 3

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	40:00	
WALK	1:00	
RUN	10:00	
COOL DOWN	5:00	
	01:01:00	

WORKOUT SUMMARY:

5:00 warm up
40:00 run
1:00 walk
10:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 12, DAY 1

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	45:00	
WALK	1:00	
RUN	20:00	
COOL DOWN	5:00	
	01:16:00	

WORKOUT SUMMARY:

5:00 warm up
45:00 run
1:00 walk
20:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 12, DAY 2

GOAL	TIME	SPEED
WARM UP	5:00	
RUN	50:00	
WALK	1:00	
RUN	15:00	
COOL DOWN	5:00	
	01:16:00	

WORKOUT SUMMARY:

5:00 warm up
50:00 run
1:00 walk
15:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 12, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
RUN	45:00	
COOL DOWN (JOG)	5:00	
	55:00	

WORKOUT SUMMARY:

5:00 warm up
45:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 13, DAY 1

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
RUN	50:00	
COOL DOWN (JOG)	5:00	
	01:00:00	

WORKOUT SUMMARY:

5:00 warm up
50:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 13, DAY 2

GOAL	TIME	SPEED
WARM UP (JOG)	5:00	
RUN	40:00	
COOL DOWN (JOG)	5:00	
	50:00	

WORKOUT SUMMARY:

5:00 warm up
40:00 run
5:00 cool down

DATE: _____

WEIGHT: _____

STRENGTH TRAINING

EXERCISE	WT	REPS	WT	REPS	WT	REPS

RUN TRAINING: WEEK 13, DAY 3

GOAL	TIME	SPEED
10k RACE or TIME TEST		

WORKOUT SUMMARY:

CONGRATULATIONS!

TODAY IS RACE DAY!

If you don't have a race today, go out and run a 10k route for speed. Push, push, push to get a PR!