

RUNNER'S ALLEY

142 N. Main Street, Concord NH 03301 | 603-715-5854



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3x30 Sec. Brace	Rest or 25 Min Walk	5 Min Walk 10x (1 Min Run/1 Min Walk) 5 Min Walk	Cross Train & 3x30 Sec. Brace	5 Min Walk 7x (2 Min Run/1 Min Walk) 5 Min Walk	Rest	5 Min Walk 10x (1 Min Run/1 Min Walk) 5 Min Walk
2	3x30 Sec. Brace	Rest or 25 Min Walk	5 Min Walk 10x (1 Min Run/1 Min Walk) 5 Min Walk	Cross Train & 3x30 Sec. Brace	5 Min Walk 7x (2 Min Run/1 Min Walk) 5 Min Walk	Rest	5 Min Walk 12x (1 Min Run/1 Min Walk) 5 Min Walk
3	3x30 Sec. Brace	Rest or 30 Min Walk	5 Min Walk 6x (3 Min Run/1 Min Walk) 5 Min Walk	Cross Train & 3x30 Sec. Brace	5 Min Walk 10x (2 Min Run/1 Min Walk) 5 Min Walk	Rest	5 Min Walk 20x (1 Min Run/30 Sec Walk) 5 Min Walk
4	3x40 Sec. Brace	Rest or 30 Min Walk	5 Min Walk 10x (2 Min Run/1 Min Walk) 5 Min Walk	Cross Train & 3x40 Sec. Brace	5 Min Walk 6x (3 Min Run/2 Min Walk) 5 Min Walk	Rest	5 Min Walk 20x (1 Min Run/30 Sec Walk) 5 Min Walk
5	3x45 Sec. Brace	Rest or 35 Min Walk	2 Min Walk 3x (8 Min Run/2 Min Walk) 10 Min Run 5 Min Walk	Cross Train & 3x45 Sec. Brace	2 Min Walk 4x (6 Min Run/2 Min Walk) 2 Min Walk	Rest	5 Min Walk 20 Min Run 5 Min Walk 10 Min Run 5 Min Walk
6	3x50 Sec. Brace	Rest or 35 Min Walk	2 Min Walk 2x (10 Min Run/3 Min Walk) 10 Min Run 5 Min Walk	Cross Train & 3x50 Sec. Brace	2 Min Walk 4x(8 Min Run/ 1 Min Walk) 2 Min Walk	Rest	5 Min Walk 20 Min Run 5 Min Walk 10 Min Run 5 Min Walk
7	3x60 Sec. Brace	Rest or 40 Min Walk	2 Min Walk 2x(10 Min Run/3 Min Walk) 10 Min Run 5 Min walk	Cross Train & 3x60 Sec. Brace	30 Min Run 5 Min Walk 5 Strides	Rest	30 Min Run 5 Min Walk
8	3x60 Sec. Brace	Practice Run on Course	Cross Train & 3x60 Sec Plank	RACE DAY	Cross Train & 3x60 Sec Plank		

Join Our Training Group! \$120/person

Starting March 29th | Wednesdays and Fridays | 6PM

(Includes: Coaching, Training Program, Weekly Motivational Emails, and a T-Shirt!)