

## 2023 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/10	TUES 7/11	WED 7/12	THURS 7/13	FRI 7/16	SAT 7/15	SUN 7/16
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE</b>						
STARTING July 31 !!!						

<b>10 MILE BEGINNER</b>		<b>WEEKLY GOAL: 17-18 MILES / 1.5 HOURS OF CROSS TRAINING</b>				
4 mile easy run	4 mile easy run	Cross Training	4 mile easy run	REST DAY!!!	5-6 miles easy pace	Cross Training
Static Stretching	Static Stretching	You might try: swimming	Static Stretching		Static Stretching	Opt 1: Core workout
		Cycling				Opt 2: Yoga
		Or Elliptical				Opt 3: Weights/other

<b>10 MILE INTERMEDIATE</b>		<b>WEEKLY GOAL: 23-25 MILES / 2 HOURS OF CROSS TRAINING</b>				
5 mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	6-8 miles easy pace	Cross Training
Static Stretching	4-6 x 800 meters @ Tempo Pace = 10 Mile Race pace w/1:30min rest	You might try: swimming	6-8 Hill Sprints: 30 seconds to 1 minute each hill		Static Stretching  or	Opt 1: Core workout
	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or Elliptical	Static Stretching			Opt 3: Weights/other

MON 7/17

TUES 7/18

WED 7/19

THURS 7/20

FRI 7/21

SAT 7/22

SUN 7/23

<b>5K BEGINNER</b>	<b>WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE</b>				
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STARTING July 31 !!!					
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<b>10 MILE BEGINNER</b>	<b>WEEKLY GOAL: 20-23 MILES / 1.5 HOURS OF CROSS TRAINING</b>				
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4mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	6-7 miles easy pace	Cross Training
4 x100m strides	4-6 Hill Sprints: 30 second hill	You might try: swimming	8xFartleks (1:00 minute fast / 1:00 rest)		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or Elliptical	Static Stretching			Opt 3: Weights/other

<b>10 MILE INTERMEDIATE</b>	<b>WEEKLY GOAL: 24-26 MILES / 2 HOURS OF CROSS TRAINING</b>				
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5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	6-8 miles easy pace	Cross Training
5 x100m strides	8-10 Hill sprints: 30 seconds to 1 minute hills	You might try: swimming	8 x Fartleks (1:30 minute fast / 1:30 rest)		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
<a href="#">Core X Routine</a>	Static Stretching	Or Elliptical	Static Stretching			Opt 3: Weights/other

MON 7/24

TUES 7/25

WED 7/26

THURS 7/27

FRI 7/28

SAT 7/29

SUN 7/30

**5K BEGINNER**

**WEEKLY GOAL: ANY FROM OF ACTIVITY/EXERCISE AND/OR STRETCHING**

Starting July 31!!!

**10 MILE BEGINNER**

**WEEKLY GOAL: 20 MILES / 1.5 HOURS OF CROSS TRAINING**

4 mile easy run	2 mile warmup run	Cross Training	4mile easy run	REST DAY!!!	6 miles easy pace	Cross Training
3 x100m strides	4 x 600 meters @ Tempo Pace = Ten Mile race pace w/ 1:30min rest	You might try: swimming	6 x100m strides		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	Static Stretching			Opt 2: Yoga
	Static Stretching	Or Elliptical				Opt 3: Weights/other

**10 MILE INTERMEDIATE**

**WEEKLY GOAL: 22-24 MILES / 2 HOURS OF CROSS TRAINING**

5 mile easy run	2 mile warmup run	Cross Training	4-6 mile easy run	REST DAY!!!	8 miles easy pace	Cross Training
4 x100m strides	4 x1 mile Tempo run = ten mile race pace w/1:00min rest	You might try: swimming	6 x100m strides		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	Static Stretching			Opt 2: Yoga
	Static Stretching	Or Elliptical				Opt 3: Weights/other

MON 7/31

TUES 8/1

WED 8/2

THURS 8/3

FRI 8/4

SAT 8/5

SUN 8/6

**5K BEGINNER****WEEKLY GOAL: 75+ MINUTES OF WALKING/RUNNING**

15-20min easy walk or run	5min EASY warmup walk or run	Rest or <b>Cross-train</b>	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
<b>Static Stretching</b>	Run 3min, walk 1min Repeat 3x or Brisk walk 3min, easy walk 1min Repeat 3x	Bike, Swim, or Elliptical	Run 4min, walk 1min Repeat 3x or Brisk walk 4min, easy walk 1min Repeat 3x	Stretching or	Run 5min, walk 1min Repeat 3x or Brisk walk 5min, easy walk 1min Repeat 3x	
	<b>Static Stretching</b>		<b>Static Stretching</b>	Yoga	<b>Static Stretching</b>	

**10 MILE BEGINNER****WEEKLY GOAL: 23-25 MILES / 1.5 HOURS OF CROSS TRAINING**

4mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	8 miles easy pace	Cross Training
6 x100m Strides	6-8 Hill Climbs/Sprints: 30-45 seconds per hill	You might try: swimming	8 x Fartleks (1:30 fast / 1:30 recovery)		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or Elliptical				Opt 3: Weights/other

**10 MILE INTERMEDIATE****WEEKLY GOAL: 28-31 MILES / 2 HOURS OF CROSS TRAINING**

5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	8-10 miles easy pace	Cross Training
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6 x100m Strides	10-12 Hill Climbs/ Sprints: 1 minute hills	You might try: swimming	8 x Fartleks (2:00 fast / 2:00 recovery)		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or Elliptical				Opt 3: Weights/other

<b>MON 8/7</b>	<b>TUES 8/8</b>	<b>WED 8/9</b>	<b>THURS 8/10</b>	<b>FRI 8/11</b>	<b>SAT 8/12</b>	<b>SUN 8/13</b>
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<b>5K BEGINNER</b>							<b>WEEKLY GOAL: 80+ MINUTES OF WALKING/RUNNING</b>						
20-25min easy walk or run	5min EASY warmup walk or run	Rest or <b>Cross-train</b>	5min EASY warmup walk or run	Rest	RunGR Community Run 5min EASY warmup walk or run	Rest Day!!!							
<b>Static Stretching</b>	Run 6min, walk 1min Repeat 3x or Brisk walk 3min, easy walk 1min Repeat 3x		Climb/run up a small hill or long flight of stairs, walk down repeat 3-5x	Stretching or	Run 7min, walk 1min Repeat 3x or Brisk walk 7min, easy walk 1min Repeat 3x								
	<b>Static Stretching</b>		<b>Static Stretching</b>	Yoga	<b>Static Stretching</b>								

<b>10 MILE BEGINNER</b>							<b>WEEKLY GOAL: 28 MILES / 1.5 HOURS OF CROSS TRAINING</b>						
4mile easy run	1-2 mile warmup	Cross Training	6mile easy run	REST DAY!!!	8-9 miles easy pace	Cross Training							
6 x100m Strides	4 x 1 mile Tempo = ten mile race pace w/ 1:00 rest	You might try: swimming	6 x100m Strides		Static Stretching	Opt 1: Core workout							
Static Stretching	1-2mile cool down	Cycling	Static Stretching		<b>RunGR Community Run</b>	Opt 2: Yoga							
	Static Stretching	Or Elliptical				Opt 3: Weights/other							

10 MILE INTERMEDIATE		WEEKLY GOAL: 31 MILES / 2 HOURS OF CROSS TRAINING				
5mile easy run	2 mile warmup	Cross Training	2 mi warm up	REST DAY!!!	10 miles easy pace	Cross Training
6 x100m Strides	6 x 800m @ 5k race pace w/ 400m easy	You might try: swimming	4 mi @ tempo pace = 10 mile race pace		Static Stretching	Opt 1: Core workout
Static Stretching	2mile cool down	Cycling	2 mi cool down		RunGR Community Run	Opt 2: Yoga
	Static Stretching	Or Elliptical				Opt 3: Weights/other

MON 8/14	TUES 8/15	WED 8/16	THURS 8/17	FRI 8/18	SAT 8/19	SUN 8/20
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5K BEGINNER		WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE				
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
Static Stretching	Run 8min, walk 1min Repeat 3x or Brisk walk 8min, easy walk 1min Repeat 3x	You might try: swimming Cycling Or Or Elliptical	Climb/run up a small hill or long flight of stairs, walk down repeat 4-6x	Stretching Or yoga	Run 9min, walk 1min Repeat 3x or Brisk walk 9min, easy walk 1min Repeat 3x	
	Static Stretching		Static Stretching		Static Stretching	
					Or Run with RunGR at the Fowling Warehouse 7am	

10 MILE BEGINNER		WEEKLY GOAL: MILES 25-28/ 1.5 HOURS OF CROSS TRAINING				
5 mile easy run	2 mile warmup run	Cross Training	1-2 mile warmup	REST DAY!!!	6 miles easy pace	Cross Training
6 x100m strides	10x400meters-start at 5k pace: each one same place or a touch faster. 2 minute recovery in between	You might try: swimming	3 mi @ Tempo pace = 10 mile race pace		Static Stretching	Opt 1: Core workout

Static Stretching	1-2 mile cool down Static Stretching	Cycling Or Elliptical	1-2mile cool down Static Stretching		Or Run with RunGR at the Fowling Warehouse 7am	Opt 2: Yoga Opt 3: Weights/other
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10 MILE INTERMEDIATE		WEEKLY GOAL: 30-32 MILES / 2 HOURS OF CROSS TRAINING				
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	10-12 miles easy pace	Cross Training
6 x100m strides	4-5 x 1000m @ 5k race pace w/ 400m easy	You might try: swimming	8-10 x hill sprint: 1 minute-1:30 minute hill		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2mile cool down		Or Run with RunGR at the Fowling Warehouse 7am	Opt 2: Yoga
	Static Stretching	Or Elliptical	Static Stretching			Opt 3: Weights/other

MON 8/21	TUES 8/22	WED 8/23	THURS 8/24	FRI 8/25	SAT 8/26	SUN 8/27
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5K BEGINNER		WEEKLY GOAL: 2 – 2.5 HOURS OF RUNNING OR ALKING / 1.5 HOURS OF CROSS TRAINING				
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
Static Stretching	Run 10min, walk 1min Repeat 3x or Brisk walk 10min, easy walk 1min Repeat 3x	You might try: swimming Cycling Or Or Elliptical	Run 11min, walk 1min Repeat 3x or Brisk walk 11min, easy walk 1min Repeat 3x	Stretching Or yoga	Run 12min, walk 1min Repeat 3x or Brisk walk 12min, easy walk 1min Repeat 3x	
	Static Stretching		Static Stretching		Static Stretching	
	Or workout with RunGR at East Grand Rapids Track 6pm					

10 MILE BEGINNER		WEEKLY GOAL: MILES 25-27/ 1.5 HOURS OF CROSS TRAINING				
4mile easy run	2 mile warmup run	Cross Training	2 mile warm up	REST DAY!!!	8-10 miles easy pace	Cross Training

6 x100m strides	8-10 Hill Climbs/Sprints: 1 minute hill	You might try: swimming	4 mi @ Tempo pace = ten mile pace		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	1-2 mile cool down			Opt 2: Yoga
	Static Stretching	Or Elliptical	Static Stretching			Opt 3: Weights/other
	Or workout with RunGR at East Grand Rapids Track 6pm					

10 MILE INTERMEDIATE		WEEKLY GOAL: 33-35 MILES / 2 HOURS OF CROSS TRAINING					
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup run	REST DAY!!!	12 miles easy pace	Cross Training	
6 x100m strides	6 x Fartleks (3:00 minutes fast / 3:00 recovery)	You might try: swimming	5 mi @ Tempo pace = 10 mile race pace		Static Stretching	Opt 1: Core workout	
Static Stretching	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga	
	Or workout with RunGR at East Grand Rapids Track 6pm						

MON 8/28	TUES 8/29	WED 8/30	THURS 8/31	FRI 9/1	SAT 9/2	SUN 9/3
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5K BEGINNER		WEEKLY GOAL: 2.5 – 3 HOURS OF RUNNING or WALKING / 1.5 HOURS OF CROSS TRAINING				
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
Static Stretching	Run 18 min, walk 1min Repeat 2x or Brisk walk 18 min, easy walk 1min Repeat 2x	You might try: swimming Cycling Or Or Elliptical	Run 22min, walk 1min Repeat 2x or Brisk walk 22min, easy walk 1min Repeat 2x	Stretching Or yoga	Run 26min, walk 1min Repeat 2x or Brisk walk 26min, easy walk 1min Repeat 2x	
	Static Stretching		Static Stretching		Static Stretching	

10 MILE BEGINNER		WEEKLY GOAL: MILES 22 / 1.5 HOURS OF CROSS TRAINING				
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	9-11 miles easy pace	Cross Training
6 x100m strides	10-12x400meters-start at 5k pace: each one same place or a touch faster. 2 minute recovery in between	You might try: swimming	4 mi @ race pace		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	1-2mile cool down			Opt 2: Yoga
	Static Stretching	Or Elliptical	Static Stretching			Opt 3: Weights/other

10 MILE INTERMEDIATE		WEEKLY GOAL: 29 MILES / 2 HOURS OF CROSS TRAINING				
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	10 miles easy pace	Cross Training
6 x100m strides	3 x 1600m at 5k race pace w/ 400 easy	You might try: swimming	8-10 x hill sprint: 1 minute-1:30 minute hill		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2mile cool down			Opt 2: Yoga
	Static Stretching	Or Elliptical	Static Stretching			Opt 3: Weights/other

MON 9/4

TUES 9/5

WED 9/6

THURS 9/7

FRI 9/8

SAT 9/9

SUN 9/10

5K BEGINNER		WEEKLY GOAL: 2.5 – 3 HOURS OF RUNNING OR ALKING / 1.5 HOURS OF CROSS TRAINING				
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	Run GR Community Run 5min EASY warmup walk or run	REST DAY!!!
Static Stretching	Run 28min, walk 1min Repeat 2x or Brisk walk 28min, easy walk 1min Repeat 2x	You might try: swimming Cycling Or Or Elliptical	Run 26min, walk 1min Repeat 2x or Brisk walk 26min, easy walk 1min Repeat 2x	Stretching Or yoga	Run 3 miles or run/ walk 3 miles! Do not push or exert yourself!	
	Static Stretching		Static Stretching		Static Stretching	

10 MILE BEGINNER		WEEKLY GOAL: 28 MILES / 1 HOUR OF CROSS TRAINING				
5mile easy run	2 mile warmup run	Cross Training	4mile easy run	REST DAY!!!	6-8 miles easy pace	REST DAY!!!
6 x100m strides	Fartleks: 5 minutes hard, 4 min, 3 min, 2 min, 1min. Rest 2 minutes between each hard section	You might try: swimming	6 x100m strides		Static Stretching	
Static Stretching	1-2 mile cool down	Cycling	Static Stretching		RunGR Community Run	
	Static Stretching	Or Elliptical				

10 MILE INTERMEDIATE		WEEKLY GOAL: 32 MILES / 1 HOUR OF CROSS TRAINING				
6mile easy run	2 mile warmup run	Cross Training	6mile easy run	REST DAY!!!	8 miles easy pace	REST DAY!!!
6 x100m strides	Fartleks: 5 minutes hard, 4 min, 3 min, 2 min, 1min. Rest 2 minutes between each hard section	You might try: swimming, Cycling, Or Elliptical	6 x100m strides		Static Stretching	
Static Stretching	2 mile cool down		Static Stretching		RunGR Community Run	

MON 9/11	TUES 9/12	WED 9/13	THURS 9/14	FRI 9/15	SAT 9/16	SUN 9/17
<b>5K BEGINNER</b>		<b>WEEKLY GOAL: 2.5 – 3 HOURS OF RUNNING OR WALKING / 1.5 HOURS OF CROSS TRAINING</b>				
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	5min EASY warmup walk or run	Rest	RACE DAY 5k!!!

Static Stretching	Run 28min, walk 1min Repeat 2x or Brisk walk 20min, easy walk 1min Repeat 2x	You might try: swimming Cycling Or Or Elliptical	Run 26min, walk 1min Repeat 2x or Brisk walk 24min, easy walk 1min Repeat 2x	Easy 20-30 min walk or run just to loosen up your muscles. Do not push or exert yourself!	Stretching Or yoga	
	Static Stretching		Static Stretching	Static Stretching		

10 MILE BEGINNER		WEEKLY GOAL: 28 MILES / 1 HOUR OF CROSS TRAINING				
4mile easy run	2 mile warmup run	Cross Training	4mile easy run	2-3 miles easy pace	REST DAY!!!	RACE DAY 10 MILES!!!
6 x100m strides	2 mi @ race pace	You might try: swimming	6 x100m strides	Static Stretching	Stretching Or yoga	
Static Stretching	1-2 mile cool down	Cycling	Static Stretching			
	Static Stretching	Or Elliptical				

10 MILE INTERMEDIATE		WEEKLY GOAL: 32 MILES / 1 HOUR OF CROSS TRAINING				
5mile easy run	2 mile warmup run	Cross Training	4mile easy run	2-3 miles easy pace	REST DAY!!!	RACE DAY 10 MILES!!!
6 x100m strides	3 mi @ race pace	You might try: swimming	6 x100m strides	Static Stretching	Stretching Or yoga	
Static Stretching	2 mile cool down	Cycling	Static Stretching			
	Static Stretching	Or Elliptical				

If you're looking for help with your training, people to run with, new friends, and lots of fun checkout [www.rungr.com](http://www.rungr.com).