

Weekly Training Plan

PERIOD: Prep

PHASE: General Prep

MESOCYCLE #: 3

WEEK: August 4-10

EVENT: Bridge Run - Beginner 5K

<p><b>Monday</b> 8/4/2025</p> <p>Type of Training: W Mileage: 0 to 0</p> <p>1) Walk 32 Minutes</p>	<p><b>Tuesday</b> 8/5/2025</p> <p>Type of Training: RW Mileage: 0 to 0</p> <p>1) 4 x Run 6:00/Walk 2:00</p>	<p><b>Wednesday</b> 8/6/2025</p> <p>Type of Training: XT Mileage: 0 to 0</p> <p>Cross Training/Core Work/Yoga/Weight Training/Rest</p>
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<p><b>Thursday</b> 8/7/2025</p> <p>Type of Training: W Mileage: 0 to 0</p> <p>1) Walk 34 Minutes</p>	<p><b>Friday</b> 8/8/2025</p> <p>Type of Training: XT Mileage: 0 to 0</p> <p>Cross Training/Core Work/Yoga/Weight Training/Rest</p>	<p><b>Saturday</b> 8/9/2025</p> <p>Type of Training: RW Mileage: 0 to 0</p> <p>1) 6 x Run 6:00/Walk 2:00</p>
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<p><b>Sunday</b> 8/10/2025</p> <p>Type of Training: XT Mileage: 0 to 0</p> <p>Cross Training/Core Work/Yoga/Weight Training/Rest</p>	<p><i>Intensity of load by day</i></p> <table border="1"> <thead> <tr> <th></th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>Sa</th> <th>Su</th> </tr> </thead> <tbody> <tr> <td>High</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Med</td> <td></td> <td>X</td> <td></td> <td></td> <td></td> <td>X</td> <td></td> </tr> <tr> <td>Easy</td> <td>X</td> <td></td> <td></td> <td>X</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Rest</td> <td></td> <td></td> <td>X</td> <td></td> <td>X</td> <td></td> <td>X</td> </tr> </tbody> </table>		M	T	W	T	F	Sa	Su	High								Med		X				X		Easy	X			X				Rest			X		X		X	<p><b>Mileage:</b> 0 to 0</p>
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