







Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

WEEK

1

AUG 4 - 10

MON 8/4	TUE 8/5	WED 8/6	THURS 8/7	FRI 8/8	SAT 8/9	SUN 8/10
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
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1) Walk 32 Minutes	1) 4 x Run 6:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 34 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 6 x Run 6:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 2

AUG 11 - 17

MON 8/11	TUE 8/12	WED 8/13	THURS 8/14	FRI 8/15	SAT 8/16	SUN 8/17
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
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1) Walk 34 Minutes	1) 3 x Run 8:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 36 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 4 x Run 8:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

AUG 18 - 24

MON 8/18	TUES 8/19	WED 8/20	THURS 8/21	FRI 8/22	SAT 8/23	SUN 8/24
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
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1) Walk 36 Minutes	1) 3 x Run 10:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 38 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 3 x Run 12:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD



ICON LEGEND



= EASY RUN

= HILL SPRINT



= RACE









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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



MONDAY

TUESDAY



FRIDAY

SATURDAY

SUNDAY



RunGR App





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WEEK

4

AUG 25 - 31

MON 8/25	TUE 8/26	WED 8/27	THURS 8/28	FRI 8/29	SAT 8/30	SUN 8/31
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
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1) Walk 38 Minutes	1) 3 x Run 10:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 40 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 3 x Run 12:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

5

SEPT 1 - 7

MON 9/1	TUE 9/2	WED 9/3	THURS 9/4	FRI 9/5	SAT 9/6	SUN 9/7
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	RUN	CROSS TRAIN
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1) Walk 40 Minutes	1) 2 x Run 15:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 36 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 1 x Run 20:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

SEPT 8 - 14

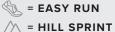
MON 9/8	TUES 9/9	WED 9/10	THURS 9/11	FRI 9/12	SAT 9/13	SUN 9/14
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	RUN	RACE DAY
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1) Walk 30 Minutes	1) 2 x Run 12:00/Walk 1:00	Cross Training/ Core Work/	1) Walk 24 Minutes	Rest Day	1) 1 x Run 10:00	BRIDGE RUN 5K

INTENSITY OF LOAD



ICON LEGEND







Yoga/Weight

Training/Rest









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MONDAY

MONDAY

TUESDAY

TUESDAY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 5

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

THURSDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

WEDNESDAY

WEDNESDAY

WEEK 6

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				







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