

4 WEEK 5K TO 10K TRAINING PLAN >>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	45 min Strength Training	Long Run 4 miles
2	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	45 min Strength Training	Long Run 4.5 miles
3	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	45 min Strength Training	Long Run 5 miles
4	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	45 min Strength Training	10k !



Start off every workout with a brisk 5-minute walk to warm up!

Don't worry about your speed - just focus on being able to keep running (even if it's slow!)

For the Sunday long runs, try to run the whole way - but walking breaks are acceptable.

If in doubt or feeling tired, take an extra rest day or repeat a week.

For more advice, head to marathonhandbook.com!

Running Training Plan

Yijin Wang



Running Training Plan:

Running Training Plan Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Running Training Plan**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

https://crm.avenza.com/book/Resources/index.jsp/ranch_king_18_hp_mower_manual.pdf

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