

RUN CLUB TRAINING PROGRAM

AUGUST 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 AUG 3-9	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles STRENGTH - DAY 1 IG Live, Zoom, or EXOS at Home COACH'S CORNER - 3 PM	SPEED/HILLS (INTERVALS) Level 1: 2-3 x 1 mile/5:00 recovery Level 2: 3-4 x 1 mile/5:00 active recovery	REST STRENGTH - DAY 2 IG Live, Zoom, or EXOS at Home FUELING TIPS FROM THE DIETITIAN	TEMPO RUN Level 1: 3-4 miles tempo Level 2: 4-5 miles tempo	CHALLENGE: HIIT & RUN Refer to Strava for workout details	ACTIVE RECOVERY/EASY RUN Level 1: Active recovery Level 2: 3 miles or active recovery 100 DAY DASH (HUMANA)	LONG RUN Level 1: 9-10 miles Level 2: 10-11 miles
WEEK 10 AUG 10-16	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles STRENGTH - DAY 1 IG Live, Zoom, or EXOS at Home COACH'S CORNER - 3 PM	SPEED/HILLS (INTERVALS) Level 1: 5-6 x Hill/2:00 active recovery Level 2: 7-8 x Hill/1:30 active recovery	REST STRENGTH - DAY 2 IG Live, Zoom, or EXOS at Home FUELING TIPS FROM THE DIETITIAN	TEMPO RUN Level 1: 2-3 miles tempo Level 2: 3-4 miles tempo	CHALLENGE: HIIT & RUN Refer to Strava for workout details	ACTIVE RECOVERY/EASY RUN Level 1: Active recovery Level 2: 3 miles or active recovery 100 DAY DASH (HUMANA)	LONG RUN Level 1: 5-6 miles Level 2: 7-8 miles progressive
WEEK 11 AUG 17-23	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles STRENGTH - DAY 1 IG Live, Zoom, or EXOS at Home COACH'S CORNER - 3 PM	SPEED/HILLS (INTERVALS) Level 1: 3-4 x 1:00 on/1:00 active recovery Level 2: 5-6 x 1:00 on/1:00 active recovery	REST STRENGTH - DAY 2 IG Live, Zoom, or EXOS at Home FUELING TIPS FROM THE DIETITIAN	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles	REST	MINI MARATHON Virtual Race Series: 1/2 Marathon (13.1 miles)	

Join the Wel at Humana Run Club on Strava: <https://www.strava.com/clubs/runwel>

Follow us on Instagram to view our Group Ex schedule and join our Live classes: @welathumana

Visit EXOS at Home for more: <https://www.exosathome.com/>