

RUN CLUB TRAINING PROGRAM

JULY 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 JULY 6-12	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles <u>STRENGTH - DAY 1</u> IG Live, Zoom, or EXOS at Home COACH'S CORNER - 3 PM	SPEED/HILLS (INTERVALS) Level 1: 3-4 x 800m/2:00 active recovery Level 2: 5-6 x 800m/1:30 active recovery	REST <u>STRENGTH - DAY 2</u> IG Live, Zoom, or EXOS at Home FUELING TIPS FROM THE DIETITIAN	TEMPO RUN Level 1: 1.5-2 miles tempo Level 2: 2-3 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 <u>100 DAY DASH (HUMANANA)</u>	LONG RUN Level 1: 5-6 miles Level 2: 7-8 miles
WEEK 6 JULY 13-19	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles <u>STRENGTH - DAY 1</u> 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 <u>STRENGTH - DAY 2</u> IG Live, Zoom, or EXOS at Home FUELING TIPS FROM THE DIETITIAN	TEMPO RUN Level 1: 1.5-2 miles tempo Level 2: 2-3 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 <u>100 DAY DASH (HUMANANA)</u>	LONG RUN Level 1: 5-6 miles Level 2: 7-8 miles progressive
WEEK 7 JULY 20-26	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles <u>STRENGTH - DAY 1</u> IG Live, Zoom, or EXOS at Home COACH'S CORNER - 3 PM	SPEED/HILLS (INTERVALS) Level 1: 3-4 x 800m/2:00 active recovery Level 2: 5-6 x 800m/1:30 active recovery	REST <u>STRENGTH - DAY 2</u> 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 <u>100 DAY DASH (HUMANANA)</u>	LONG RUN Level 1: 7-8 miles Level 2: 9-10 miles
WEEK 8 JULY 27-AUG 2	EASY RUN Level 1: 1-3 miles Level 2: 3-4 miles <u>STRENGTH - DAY 1</u> 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 <u>STRENGTH - DAY 2</u> 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	10 MILER Virtual Race Series: 10 mile time trial	LONG RUN Level 1: 5-6 miles Level 2: 7-8 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/>