



RUN CLUB TRAINING PROGRAM

SEPTEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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WEEK 1 AUG 31-SEPT 4	<p>EASY RUN</p> <p>Level 1: 2-3 miles</p> <p>Level 2: 3-4 miles</p> <p>STRENGTH - DAY 1</p> <p>IG Live, Zoom, or EXOS at Home</p>	<p>SPEED (INTERVALS)</p> <p>Level 1: 4-5 x 400m (0.25 mi) / 1:30 recovery</p> <p>Level 2: 6-8 x 400m (0.25 mi) / 1:30 recovery</p>	<p>REST</p> <p>STRENGTH - DAY 2</p> <p>IG Live, Zoom, or EXOS at Home</p> <p>FUELING TIPS FROM THE DIETITIAN</p>	<p>HIIT & RUN</p> <p>Refer to Strava for workout details</p>	<p>EASY RUN</p> <p>Level 1: 2-3 miles (w/ 4-5 strides)</p> <p>Level 2: 3-4 miles (w/ 6-8 strides)</p>	<p>CROSS TRAIN</p> <p>30-60 minutes</p>	<p>TEMPO</p> <p>Level 1: 20-25 min (5-10 min tempo)</p> <p>Level 2: 30-35 min (10-15 min tempo)</p>		
	WEEK 2 SEPT 7-11	<p>EASY RUN</p> <p>Level 1: 2-3 miles</p> <p>Level 2: 3-4 miles</p> <p>STRENGTH - DAY 1</p> <p>IG Live, Zoom, or EXOS at Home</p>	<p>SPEED (INTERVALS)</p> <p>Level 1: 4-5 x 400m (0.25 mi) / 1:30 recovery</p> <p>Level 2: 6-8 x 400m (0.25 mi) / 1:30 recovery</p>	<p>REST</p> <p>STRENGTH - DAY 2</p> <p>IG Live, Zoom, or EXOS at Home</p> <p>FUELING TIPS FROM THE DIETITIAN</p>	<p>HIIT & RUN</p> <p>Refer to Strava for workout details</p>	<p>EASY RUN</p> <p>Level 1: 2-3 miles (w/ 4-5 strides)</p> <p>Level 2: 3-4 miles (w/ 6-8 strides)</p>	<p>CROSS TRAIN</p> <p>30-60 minutes</p>	<p>TEMPO</p> <p>Level 1: 20-25 min (5-10 min tempo)</p> <p>Level 2: 30-35 min (10-15 min tempo)</p>	
		WEEK 3 SEPT 14-18	<p>EASY RUN</p> <p>Level 1: 2-3 miles</p> <p>Level 2: 3-4 miles</p> <p>STRENGTH - DAY 1</p> <p>IG Live, Zoom, or EXOS at Home</p>	<p>SPEED (INTERVALS)</p> <p>Level 1: 2-3 x 800m (0.50 mi) / 3:00 recovery</p> <p>Level 2: 4-5 x 800m (0.50 mi) / 3:00 recovery</p>	<p>REST</p> <p>STRENGTH - DAY 2</p> <p>IG Live, Zoom, or EXOS at Home</p> <p>FUELING TIPS FROM THE DIETITIAN</p>	<p>HIIT & RUN</p> <p>Refer to Strava for workout details</p>	<p>EASY RUN</p> <p>Level 1: 2-3 miles (w/ 6-8 strides)</p> <p>Level 2: 3-4 miles (w/ 9-10 strides)</p>	<p>CROSS TRAIN</p> <p>30-60 minutes</p>	<p>TEMPO</p> <p>Level 1: 25-30 min (10-15 min tempo)</p> <p>Level 2: 35-40 min (15-20 min tempo)</p>
			WEEK 4 SEPT 21-25	<p>EASY RUN</p> <p>Level 1: 2-3 miles</p> <p>Level 2: 3-4 miles</p> <p>STRENGTH - DAY 1</p> <p>IG Live, Zoom, or EXOS at Home</p>	<p>SPEED (INTERVALS)</p> <p>Level 1: 2-3 x 800m (0.50 mi) / 3:00 recovery</p> <p>Level 2: 4-5 x 800m (0.50 mi) / 3:00 recovery</p>	<p>REST</p> <p>STRENGTH - DAY 2</p> <p>IG Live, Zoom, or EXOS at Home</p> <p>FUELING TIPS FROM THE DIETITIAN</p>	<p>HIIT & RUN</p> <p>Refer to Strava for workout details</p>	<p>EASY RUN</p> <p>Level 1: 2-3 miles (w/ 6-8 strides)</p> <p>Level 2: 3-4 miles (w/ 9-10 strides)</p>	<p>2 MILE TIME TRIAL</p>