



# RUN CLUB TRAINING PROGRAM

## JANUARY 2021



|                    | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                            | SUNDAY  |
|--------------------|--|--|--|--|---|-------------------------------------|---|
| WEEK 1   JAN 4-10  | <b>EASY RUN</b><br>Level 1: 2-3 miles<br>Level 2: 3-4 miles<br><b>STRENGTH - DAY 1</b><br>Instagram LIVE or EXOS at Home | <b>SPEED (INTERVALS)</b><br>Level 1:<br>3-4 x 400m (0.25 mi) / 2 min recovery<br>Level 2:<br>5-6 x 400m (0.25 mi) / 2 min recovery | <b>REST</b><br><br><b>STRENGTH - DAY 2</b><br>Instagram LIVE or EXOS at Home | <b>HIIT &amp; RUN</b><br>Refer to Strava for workout details | <b>EASY RUN</b><br>Level 1: 2-3 miles (w/ 3-4 strides)<br>Level 2: 3-4 miles (w/ 5-6 strides) | <b>CROSS TRAIN</b><br>30-60 minutes | <b>LONG RUN</b><br>Level 1: 4-5 miles<br>Level 2: 6-7 miles |
| WEEK 2   JAN 11-17 | <b>EASY RUN</b><br>Level 1: 2-3 miles<br>Level 2: 3-4 miles<br><b>STRENGTH - DAY 1</b><br>Instagram LIVE or EXOS at Home | <b>SPEED (INTERVALS)</b><br>Level 1:<br>3-4 x 400m (0.25 mi) / 2 min recovery<br>Level 2:<br>5-6 x 400m (0.25 mi) / 2 min recovery | <b>REST</b><br><br><b>STRENGTH - DAY 2</b><br>Instagram LIVE or EXOS at Home | <b>HIIT &amp; RUN</b><br>Refer to Strava for workout details | <b>EASY RUN</b><br>Level 1: 2-3 miles (w/ 3-4 strides)<br>Level 2: 3-4 miles (w/ 5-6 strides) | <b>CROSS TRAIN</b><br>30-60 minutes | <b>LONG RUN</b><br>Level 1: 4-5 miles<br>Level 2: 6-7 miles |
| WEEK 3   JAN 18-24 | <b>EASY RUN</b><br>Level 1: 2-3 miles<br>Level 2: 3-4 miles<br><b>STRENGTH - DAY 1</b><br>Instagram LIVE or EXOS at Home | <b>SPEED (INTERVALS)</b><br>Level 1:<br>2-3 x 800m (0.5 mi) / 4 min recovery<br>Level 2:<br>4-5 x 800m (0.5 mi) / 3 min recovery   | <b>REST</b><br><br><b>STRENGTH - DAY 2</b><br>Instagram LIVE or EXOS at Home | <b>HIIT &amp; RUN</b><br>Refer to Strava for workout details | <b>EASY RUN</b><br>Level 1: 2-3 miles (w/ 4-5 strides)<br>Level 2: 3-4 miles (w/ 6-8 strides) | <b>CROSS TRAIN</b><br>30-60 minutes | <b>LONG RUN</b><br>Level 1: 5-6 miles<br>Level 2: 7-8 miles |
| WEEK 4   JAN 25-31 | <b>EASY RUN</b><br>Level 1: 2-3 miles<br>Level 2: 3-4 miles<br><b>STRENGTH - DAY 1</b><br>Instagram LIVE or EXOS at Home | <b>SPEED (INTERVALS)</b><br>Level 1:<br>2-3 x 800m (0.5 mi) / 4 min recovery<br>Level 2:<br>4-5 x 800m (0.5 mi) / 3 min recovery   | <b>REST</b><br><br><b>STRENGTH - DAY 2</b><br>Instagram LIVE or EXOS at Home | <b>HIIT &amp; RUN</b><br>Refer to Strava for workout details | <b>EASY RUN</b><br>Level 1: 2-3 miles (w/ 4-5 strides)<br>Level 2: 3-4 miles (w/ 6-8 strides) | <b>CROSS TRAIN</b><br>30-60 minutes | <b>LONG RUN</b><br>Level 1: 5-6 miles<br>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/>