



# RUN CLUB TRAINING PROGRAM

## MARCH 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1   MAR 1-7	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles <b>STRENGTH - DAY 1</b> Instagram LIVE or EXOS at Home	<b>SPEED (INTERVALS)</b> Level 1: 4 x 400m (0.25 mi) Level 2: 8 x 400m (0.25 mi)	<b>REST</b>  <b>STRENGTH - DAY 2</b> Instagram LIVE or EXOS at Home	<b>TEMPO</b> Level 1: 1 mile tempo Level 2: 2 mile tempo	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles	<b>CROSS TRAIN</b> 30-60 minutes	<b>LONG RUN</b> Level 1: 40-45 mins Level 2: 45-50 mins
WEEK 2   MAR 8-14	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles <b>STRENGTH - DAY 1</b> Instagram LIVE or EXOS at Home	<b>SPEED (INTERVALS)</b> Level 1: 4 x 400m (0.25 mi) Level 2: 8 x 400m (0.25 mi)	<b>REST</b>  <b>STRENGTH - DAY 2</b> Instagram LIVE or EXOS at Home	<b>TEMPO</b> Level 1: 1 mile tempo Level 2: 2 mile tempo	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles	<b>CROSS TRAIN</b> 30-60 minutes	<b>LONG RUN</b> Level 1: 40-45 mins Level 2: 45-50 mins
WEEK 3   MAR 15-21	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles <b>STRENGTH - DAY 1</b> Instagram LIVE or EXOS at Home	<b>SPEED (INTERVALS)</b> Level 1: 2 x 800m (0.50 mi) Level 2: 4 x 800m (0.50 mi)	<b>REST</b>  <b>STRENGTH - DAY 2</b> Instagram LIVE or EXOS at Home	<b>TEMPO</b> Level 1: 1.5 mile tempo Level 2: 3 mile tempo	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles	<b>CROSS TRAIN</b> 30-60 minutes	<b>LONG RUN</b> Level 1: 45-50 mins Level 2: 50-55 mins
WEEK 4   MAR 22-28	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles <b>STRENGTH - DAY 1</b> Instagram LIVE or EXOS at Home	<b>SPEED (INTERVALS)</b> Level 1: 2 x 800m (0.50 mi) Level 2: 4 x 800m (0.50 mi)	<b>REST</b>  <b>STRENGTH - DAY 2</b> Instagram LIVE or EXOS at Home	<b>EASY RUN</b> Level 1: 2-3 miles Level 2: 3-4 miles	<b>NO KID HUNGRY SK</b>	<b>CROSS TRAIN</b> 30-60 minutes	<b>LONG RUN</b> Level 1: 45-50 mins Level 2: 50-55 mins



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



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