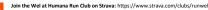


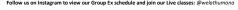
RUN CLUB TRAINING PROGRAM

MARCH 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 MAR 1-7	EASY RUN	SPEED (INTERVALS)	REST	<u>темро</u>	EASY RUN	CROSS TRAIN	LONG RUN
	Level 1: 2-3 miles	Level 1:		Level 1: 1 mile tempo	Level 1: 2-3 miles	30-60 minutes	Level 1: 40-45 mins
	Level 2: 3-4 miles	4 x 400m (0.25 mi)		Level 2: 2 mile tempo	Level 2: 3-4 miles		Level 2: 45-50 mins
	STRENGTH - DAY 1	Level 2:	STRENGTH - DAY 2				
	Instagram LIVE or EXOS at Home	8 x 400m (0.25 mi)	Instagram LIVE or EXOS at Home				
WEEK 2 MAR 8-14							
	EASY RUN	SPEED (INTERVALS)	REST	<u>TEMPO</u>	EASY RUN	CROSS TRAIN	LONG RUN
	Level 1: 2-3 miles	Level 1:		Level 1: 1 mile tempo	Level 1: 2-3 miles	30-60 minutes	Level 1: 40-45 mins
	Level 2: 3-4 miles	4 x 400m (0.25 mi)		Level 2: 2 mile tempo	Level 2: 3-4 miles		Level 2: 45-50 mins
	STRENGTH - DAY 1	Level 2:	STRENGTH - DAY 2				
×	Instagram LIVE or EXOS at Home	8 x 400m (0.25 mi)	Instagram LIVE or EXOS at Home				
	-						
WEEK 3 MAR 15-21	EASY RUN	SPEED (INTERVALS)	REST	<u>TEMPO</u>	EASY RUN	CROSS TRAIN	LONG RUN
	Level 1: 2-3 miles	Level 1:		Level 1: 1.5 mile tempo	Level 1: 2-3 miles	30-60 minutes	Level 1: 45-50 mins
	Level 2: 3-4 miles	2 x 800m (0.50 mi)		Level 2: 3 mile tempo	Level 2: 3-4 miles		Level 2: 50-55 mins
	STRENGTH - DAY 1	Level 2:	STRENGTH - DAY 2				
	Instagram LIVE or EXOS at Home	4 x 800m (0.50 mi)	Instagram LIVE or EXOS at Home				
WEEK4 MAR 22-28	EASY RUN	SPEED (INTERVALS)	REST	EASY RUN	NO KID HUNGRY 5K	CROSS TRAIN	LONG RUN
	Level 1: 2-3 miles	Level 1:		Level 1: 2-3 miles		30-60 minutes	Level 1: 45-50 mins
	Level 2: 3-4 miles	2 x 800m (0.50 mi)		Level 2: 3-4 miles			Level 2: 50-55 mins
	STRENGTH - DAY 1	Level 2:	STRENGTH - DAY 2				
	Instagram LIVE or EXOS at Home	4 x 800m (0.50 mi)	Instagram LIVE or EXOS at Home				







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