

RUNNER'S ALLEY

Supporting Your Every Step



Training Program

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Form Class 10 x (R1/W1) 5 min walk	10 Jumping jacks Bridge warm up 2x30 Sec plank	7 x (R2/W1) 5 min walk	10 Squats 10 Hip Abd. 15 Sec side Planks	XT or 20 Min Walk	10 x (R1/W1) 5 min walk	REST
2	10 x (R1/W1) 5 min walk	10 Jumping jacks 10 Bridges 45 Sec Plank X3	7 x (R2/W1) 5 min walk	10 Squats 10 Glute kickbacks 15 Sec Side Planks X3	XT or 25 Min Walk	12 x (R1/W1) 5 min walk	REST
3	10 x (R2/W1) 5 min walk	15 Jumping jacks 10 Bridges 45 Sec Plank X3	6 x (R3/W2) 5 min walk	15 Squats 12 Hip Abd. 20 Sec Side Planks X3	XT or 25 Min Walk	20 x (R1/W30sec) 5 min walk	REST
4	10 x (R2/W1) 4 min walk	20 Jumping jacks 15 Bridges 60 Sec Plank X3	6 x (R3/W2) 4 min walk	10 Lunges 12 GKB 30 Sec Side Planks X3	XT or 30 Min Walk	20 x (R1/W30sec) 5 min walk	REST
5	3 x (R10/W3) 5 min walk	15 Jumping jacks 15 Bridges 60 Sec Plank X4	4 x (R8/W1) 5 min walk	15 Lunges 15 Hip Abd. 30 Sec Side Planks X4	XT or 30 Min Walk	20 min R 5 min W 10 min R 5 min walk	REST
6		20 Jumping jacks 20 Bridges 70 Sec Plank X3	4x (R8/W1) 5 min walk	10 Lateral Squats 30 Sec Side Planks with Hip Abd. X4	XT or 35 Min Walk	20min R 5min W 10 min R 5 min walk	REST
7	30 min R 6 strides 6 min R 5 min walk	30 Jumping jacks 30 Bridges 80 Sec Plank X2	3 x (R10/W5) 5 min walk	10 Squat Jumps 30 Sec Plank with Hip Abd. X4	XT or 40 Min Walk	30 min R 6 Strides 6 min R 5 min walk	REST
8	30 min R 6 strides 5 min walk	Active REST	3 x (R10/W5) 5 min walk	Active REST	REST	RACE DAY 430-530 pm warm up. 6 pm race time	REST