

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 3 Mile Run
6 1 Hour of Active Recovery	7 Cross Training Strength Training or Walk	8 3 Miles Easy Run	9 Walk or Play for 30 Minutes	10 3 Miles Easy	11 Cross Training 30 Minutes of Strength or Walking	12 4 Miles Total
13 1 Hour of Active Recovery	14 Cross Training Strength Training or Walk	15 3 Miles Easy Run	16 Walk or Play for 30 Minutes	17 3 Miles Easy	18 Cross Training 30 Minutes of Strength or Walking	19 5 Miles Total
20 1 Hour of Active Recovery	21 3 Miles Recovery RPE of 6	22 1 M wu, 1 M cd 6 x 200 w 200 rec. RPE of 8.5	23 Walk or Play for 30 Minutes	24 4 Miles Easy	25 Cross Training 30 Minutes of Strength or Walking	26 5 Miles Total
27 1 Hour of Active Recovery	28 3 Miles Recovery RPE of 6				<p>SPEED VARIATION ADDED Speed at RPE means Rate or Percieved Exertion We are looking for the runner to work hard during the first part of the interval, where the distance is difficult and a bit uncomfortable. Follow that up with an easy matching distance where the runner can recover to feel good enough to repeat the fast interval again.</p>	

10K Beginner

March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 M wu, 1 M cd 8 x 200 w 200 rec. RPE of 8.5	2 Walk or Play for 45 Minutes	3 4 Miles Easy	4 Cross Training 30 Minutes of Strength or Walking	5 5 Miles Total
6 1 Hour of Active Recovery	7 3 Miles Recovery RPE of 6	8 1 M wu, 1 M cd 10 x 200 w 200 rec. RPE of 8.5	9 Walk or Play for 45 Minutes	10 4 Miles Easy	11 Cross Training 30 Minutes of Strength or Walking	12 5 Miles Total
13 1 Hour of Active Recovery	14 3 Miles Recovery RPE of 6	15 1 M wu, 1 M cd 3 x 400 w 400 rec. RPE of 8.5	16 Walk or Play for 45 Minutes	17 5 Miles Easy	18 Cross Training 30 Minutes of Strength or Walking	19 6 Miles Total
20 1 Hour of Active Recovery	21 3 Miles Recovery RPE of 6	22 1 M wu, 1 M cd 4 x 400 w 400 rec. RPE of 8.5	23 Walk or Play for 45 Minutes	24 5 Miles Easy	25 Cross Training 30 Minutes of Strength or Walking	26 6 Miles Total
27 1 Hour of Active Recovery	28 4 Miles Recovery RPE of 6	29 1 M wu, 1 M cd 5 x 400 w 400 rec. 2 x 200 w 200 rec. RPE of 9	30 Walk or Play for 45 Minutes	31 5 Miles Easy		LILLIE Training & Inspiration

10K Beginner

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cross Training 30 Minutes of Strength or Walking	2 7 Miles Total
3 1 Hour of Active Recovery	4 4 Miles Recovery RPE of 6	5 1 M wu, 1 M cd 5 x 400 w 400 rec. 4 x 200 w 200 rec. RPE of 9	6 5 Miles Easy	7 1 M wu, 1 M cd 2 Mile at Tempo RPE of 8	8 Cross Training 30 Minutes of Strength or Walking	9 7 Miles Total
10 1 Hour of Active Recovery	11 4 Miles Recovery RPE of 6	12 1 M wu, 1 M cd 6 x 400 w 400 rec. 4 x 200 w 200 rec. RPE of 9	13 5 Miles Easy	14 1 M wu, 1 M cd 3 Mile at Tempo RPE of 8	15 Cross Training 30 Minutes of Strength or Walking	16 8 Miles Total
17 1 Hour of Active Recovery	18 4 Miles Recovery RPE of 6	19 1 M wu, 1 M cd 6 x 400 w 400 rec. 6 x 200 w 200 rec. RPE of 9	20 5 Miles Easy	21 1 M wu, 1 M cd 4 Mile at Tempo RPE of 8	22 Cross Training 30 Minutes of Strength or Walking	23 8 Mile Run
24 1 Hour of Active Recovery	25 4 Miles Recovery RPE of 6	26 1 M wu, 1 M cd 6 x 400 w 400 rec. 6 x 200 w 200 rec. RPE of 9	27 5 Miles Easy	28 1 M wu, 1 M cd 3 Mile at Tempo RPE of 8	29 Cross Training 30 Minutes of Strength or Walking	30  6 Miles Total

10K Beginner

May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Hour of Active Recovery	2 3 Mile Run	3 1 M wu, 1 M cd 4 x 400 w 400 rec.	4 Off	5 4 Mile Run	6 Cross Training 30 Minutes of Strength or Walking	7 3 Mile Run
8 Race Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



10K Beginner