UTHealth East Texas Sports Medicine

Training Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday**
Week One	**22-Jan**	**23-Jan**	**24-Jan**	**25-Jan**	**26-Jan**	**27-Jan**	**28-Jan**
	Review Plan Prep for the week	Walk 3 min. Run 30 sec. Repeat x4	Active Recovery*	Walk 5 min. Run 1 min. Repeat x3	Active Recovery*	REST	Warm-up 5 min. Run 1 min. Walk 5 min. Repeat x3 Cool down 5 min.
Week Two	**29-Jan**	**30-Jan**	**31-Jan**	**1-Feb**	**2-Feb**	**3-Feb**	**4-Feb**
	REST Prep for the week	Walk 3 min. Run 1 min. Repeat x4	Active Recovery*	Walk 4 min. Run 2 min. Repeat x3	Active Recovery*	REST	Warm-up 5 min. Run 3 min. Walk 4 min. Repeat x3 Cool down 5 min.
Week Three	**5-Feb**	**6-Feb**	**7-Feb**	**8-Feb**	**9-Feb**	**10-Feb**	**11-Feb**
	REST Prep for the week	Walk 2 min. Run 1 min. Repeat x6	Active Recovery*	Walk 3 min. Run 3 min. Repeat x4	Active Recovery*	REST	Warm-up 5 min. Run 5 min. Walk 2 min. Repeat x4 Cool down 5 mi.
Week Four	**12-Feb**	**13-Feb**	**14-Feb**	**15-Feb**	**16-Feb**	**17-Feb**	**18-Feb**
	REST Prep for the week	Walk 1 min. Run 4 min. Repeat x4	Active Recovery*	Walk 1 min. Run 4 min. Repeat x5	Active Recovery*	REST	Warm-up 5 min. Run 7 min. Walk 2 min. Repeat x4 Cool down 5 min.
Week Five	**19-Feb**	**20-Feb**	**21-Feb**	**22-Feb**	**23-Feb**	**24-Feb**	**25-Feb**
	REST Prep for the week	Walk 1 min. Run 5 min. Repeat x4	Active Recovery*	Walk 1 min. Run 5 min. Repeat x5	Active Recovery*	REST	Warm-up 5 min. Run 8 min. Walk 2 min. Repeat x2 Cool down 5 min.
Week Six	**26-Feb**	**27-Feb**	**28-Feb**	**1-Mar**	**2-Mar**	**3-Mar**	**4-Mar**
	REST Pick out race clothes	Walk 2 min. Run 5 min. Repeat x3	Active Recovery*	15 minute brisk walk	REST Prep race gear	Walk 10 min. Gentle foam roll Pick up race packet Check race gear	**RACE DAY**

** Active Recovery can be a foam rolling session, stretching, gentle yoga, Tai Chi, easy walk, bike ride, etc. Yoga and Tai Chi are great forms of exercise that combine flexibility, strength and mindfulness.*

*** On Saturdays (long run), practice your race-day breakfast.*

UTHealthEastTexas.com/run

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