

CRAZY IN TRAINING

6-WEEK TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 min running/ 1.5 min walking (x8)	Active Rest	1 min running/ 1.5 min walking (x10)	Active Rest	1 min running/ 1.5 min walking (x10)	Active Rest	Rest
2	2 min running/ 1 min walking (x8)	Active Rest	3 min running/ 1 min walking (x6)	Active Rest	3 min running/ 1 min walking (x6)	Active Rest	Rest
3	5 min running/ 2 min walking (x4)	Active Rest	2 min running/ 1 min walking (x10)	Active Rest	7 min running/ 2 min walking (x3)	Active Rest	Rest
4	8 min running/ 2 min walking (x3)	Active Rest	1 min running/ 1 min walking (x10) try to run faster	Active Rest	10 min running/ 2 min walking (x2) 5 min run to finish	Active Rest	Rest
5	9 min running/ 1 min walking (x3)	Active Rest	12 min running/ 2 min walking (x2) 5 min run to finish	Active Rest	20 min running	Active Rest	Rest
6	25 min running/ 1 min walking 5 min running	Active Rest	9 min running/ 1 min walking (x3)	Active Rest	Rest	RACE DAY	

- Start each session with a brisk 5 minute warm up walk
- Don't worry about your speed, just try to keep running
- Take an extra rest day or repeat a week if tired
- Walk or cycle on active rest days



Each Monday at 7:00pm we will meet and run together to keep one another on track.

Week 1, 9/4- High School Track	Week 4, 9/25- High School Track
Week 2, 9/11- PPGH Track	Week 5, 10/2- PPGH Track
Week 3, 9/18- Nature Trails behind City Pool	Week 6, 10/9- Nature Trails behind City