



MARCH TO MUL-CHU-THA RUN SERIES 2023

13-WEEK TRAINING PLAN FOR BEGINNERS

PROGRAM BEGINS 12/12/2022

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	Interval Training W:R Ratio 3:3 (5x)	Group Fitness Class / Strength Training Session	Interval Training W:R Ratio 3:3 (5x)	Group Fitness Class / Strength Training Session	Interval Training W:R Ratio 3:2 (5x)	1 Mile Run/Walk RECORD TIME: _____	Active Rest Day
WEEK 2	Interval Training W:R Ratio 2:1 (8x)	Group Fitness Class / Strength Training Session	8-Minute Run	Group Fitness Class / Strength Training Session	10-Minute Run	1.5 Mile Run	Active Rest Day
WEEK 3	20-Minute Run	GFC or ST Interval Training - W:R Ratio 5:2 (4x)	20-Minute Run	Group Fitness Class / Strength Training Session / 10-Minute Run	15-Minute Run	2.0 Mile Run	Active Rest Day
WEEK 4	30-Minute Run	Group Fitness Class / Strength Training Session 10-Minute Run	30-Minute Run	Group Fitness Class / Strength Training Session / 10-Minute Run	Active Rest	RUN DAY 5K (3.1 Miles)	Active Rest Day
WEEK 5	2 Mile Run/Walk RECORD TIME: _____	Group Fitness Class / Strength Training Session	3-Mile Run	Group Fitness Class / Strength Training Session	2-Mile Run	4-Mile Run	Active Rest Day
WEEK 6	3-Mile Run	Group Fitness Class / Strength Training Session	4-Mile Run	Group Fitness Class / Strength Training Session	4-Mile Run	5-Mile Run	Active Rest Day
WEEK 7	30-Minute Run (Run as far as possible)	Group Fitness Class / Strength Training Session	5 or 5.5 Mile Run	Group Fitness Class / Strength Training Session	Active Rest	RUN DAY 10K (6.2 Miles)	Active Rest Day
WEEK 8	5K Run	5-Mile Run	Group Fitness Class / Strength Training Session	10K Run	Group Fitness Class / Strength Training Session	10K Run	Active Rest Day
WEEK 9	5-Mile Run	10K Run	Group Fitness Class / Strength Training Session	10K Run	Group Fitness Class / Strength Training Session	7-Mile Run	Active Rest Day
WEEK 10	7-Mile Run	10K Run	Group Fitness Class / Strength Training Session	8-Mile Run	Active Rest	RUN DAY 15K (9.3 Miles)	Active Rest Day
WEEK 11	5K Run	10K Run	Group Fitness Class / Strength Training Session	10K Run	Group Fitness Class / Strength Training Session	10-Mile Run	Active Rest Day
WEEK 12	5K Run	10K Run	Group Fitness Class / Strength Training Session	10-Mile Run	Group Fitness Class / Strength Training Session	11 or 12 Mile Run	Active Rest Day
WEEK 13	5K Run	12-Mile Run	Group Fitness Class / Strength Training Session	2-Mile Run	Active Rest	RUN DAY Half-Marathon (13.1 Miles)	Active Rest Day

FOR MORE INFORMATION CONTACT THE WELLNESS CENTER STAFF (520) 562-2026