

# 25K TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Week 1</i>	Cross Train	4 miles	Strength Workout	3 miles	Yoga OR Rest	5 miles	REST
<i>Week 2</i>	Cross Train	4 x 400s	Strength Workout	4 miles	Yoga OR Rest	6 miles	REST
<i>Week 3</i>	Cross Train	5 x 400s	Strength Workout	4 miles	Yoga OR Rest	8 miles	REST
<i>Week 4</i>	Cross Train	30 min tempo	Strength Workout	5 miles	Yoga OR Rest	9 miles	REST
<i>Week 5</i>	Cross Train	6 x 400s	Strength Workout	5 miles	Yoga OR Rest	10 miles	REST
<i>Week 6</i>	Cross Train	35 min tempo	Strength Workout	4 miles	Yoga OR Rest	8 miles	REST
<i>Week 7</i>	Cross Train	7 x 400s	Strength Workout	5 miles	Yoga OR Rest	10 miles	REST
<i>Week 8</i>	Cross Train	40 min tempo	Strength Workout	5 miles	Yoga OR Rest	12 miles	REST
<i>Week 9</i>	Cross Train	8 x 400s	Strength Workout	6 miles	Yoga OR Rest	13 miles	REST
<i>Week 10</i>	Cross Train	45 min tempo	Strength Workout	4 miles	Yoga OR Rest	8 miles	REST
<i>Week 11</i>	Cross Train	9 x 400s	Strength Workout	6 miles	Yoga OR Rest	12 miles	REST
<i>Week 12</i>	Cross Train	50 min tempo	Strength Workout	8 miles	Yoga OR Rest	14 miles	REST
<i>Week 13</i>	Cross Train	10 x 400s	Strength Workout	4 miles	Yoga OR Rest	6 miles	REST
<i>Week 14</i>	Cross Train	30 min tempo	Strength Workout	REST	REST	15.5 Miles!	REST

## STRENGTH WORKOUT

- 20 squats
- 20 forward lunges, alternating legs
- 10 side lunges (right)
- 10 side lunges (left)
- 20 jump squats
- 20 jump lunges
- 10 side lunges (right)
- 10 side lunges (left)
- 60 second plank
- 40 leg lifts on back (alternating legs)
- 40 left side leg lifts (alternating legs)
- 40 leg lifts on stomach (alternating legs)
- 40 ride side leg lifts (alternating legs)
- 60 second bridge
- 30 bridge lifts
- 10 one legged bridges - on right leg
- 10 one legged bridges - on left leg
- 10 sec one legged bridge hold - right leg
- 10 sec one legged bridge hold - left leg
- 20 clamshells - on right side
- 20 clamshells - on left side
- 30 second superman hold
- 20 right leg dips (left foot on stair)
- 20 left leg dips (right foot on stair)
- 20 right hip lifts (left foot on stair)
- 20 left hip lifts (right foot on stair)

## TEMPO RUNS

- Total mileage includes a 1 mile warm up and 1 mile cool down
  - For example: a 6 mile tempo run would break down like this – 1 mile warm up, 4 miles at tempo pace, 1 mile cool down
- Tempo pace is 30-60 seconds faster than your relaxed, easy conversation pace
- Tempo pace should be something you are able to maintain for the designated distance, but push yourself enough that you don't have much left by the end of your tempo miles
- Tempo pace should be fast enough that you cannot have a conversation while running
- Warm up and recovery pace is 30-60 seconds slower than your relaxed, easy conversation pace

## INTERVAL RUNS

- 4 x 400s = 0.25 mile intervals run 4 times
- Each 400 should be completed at a fast pace, followed by a 400 meter (.25 mile) recovery jog
- Begin each interval run with at least .25 mile warm up