

Training Plan for “Run for the Son”

- **Begin each session with a warm up light walking and/or stretching.**
- **XT stands for Cross Training, and includes any exercise that is not running or walking.**

Walk or Run Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	25 Min	25 Min	Rest or XT	25 Min	Rest or XT	25 Min	Rest
2	25 Min	30 Min	Rest or XT	25 Min	Rest or XT	30 Min	Rest
3	25 Min	30 Min	Rest or XT	25 Min	Rest or XT	35 Min	Rest
4	30 Min	30 Min	Rest or XT	30 Min	Rest or XT	35 Min	Rest
5	30 Min	30 Min	Rest or XT	30 Min	Rest or XT	40 Min	Rest
6	30 Min	30 Min	Rest or XT	30 Min	Rest or XT	45 Min	Rest
7	30 Min	30 Min	Rest or XT	30 Min	Rest or XT	50 Min	Rest
8	30 Min	20 Min	Rest	20 Min	Rest	5K	Rest

Interval Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	25 Min J2/W3	25 Min J2/W3	Rest or XT	25 Min J2/W3	Rest or XT	25 Min J2/W3	Rest
2	25 Min J2/W3	30 Min J2.5/W2.5	Rest or XT	25 Min J2/W3	Rest or XT	30 Min J2.5/W2.5	Rest
3	25 Min J2.5/W2.5	30 Min J2.5/W2.5	Rest or XT	25 Min J2.5/W2.5	Rest or XT	35 Min J2.5/W2.5	Rest
4	30 Min J3/W2	30 Min J3/W2	Rest or XT	30 Min J3/W2	Rest or XT	35 Min J2.5/W2.5	Rest
5	30 Min J3/W2	30 Min J3/W2	Rest or XT	30 Min J3/W2	Rest or XT	40 Min J3/W2	Rest
6	30 Min J3/W2	30 Min J3/W2	Rest or XT	30 Min J3/W2	Rest or XT	45 Min J3/W2	Rest
7	30 Min J3/W2	30 Min J3/W2	Rest or XT	30 Min J3/W2	Rest or XT	50 Min J3/W2	Rest
8	30 Min J3/W2	20 Min J3/W2	Rest	20 Min J3/W2	Rest	5K J3/W2	Party!