

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/4	TUES 7/5	WED 7/6	THURS 7/7	FRI 7/8	SAT 7/9	SUN 7/10
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE</b>						
STARTING AUG 1 <sup>st</sup> !!!						
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: 14 MILES / 1.5 HOURS OF CROSS TRAINING</b>						
3 mile easy run	4 mile easy run	Cross Training	3 mile easy run	REST DAY!!!	4 miles easy pace	Cross Training
Static Stretching	Static Stretching	You might try: swimming	Static Stretching		Static Stretching	Opt 1: Core workout
		Cycling				Opt 2: Yoga
		Or palates				Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 23-25 MILES / 2 HOURS OF CROSS TRAINING</b>						
5 mile easy run	2 mile warmup	Cross Training	2 mile warmup run	REST DAY!!!	6-8 miles easy pace	Cross Training
Static Stretching	4-6 Hill Sprints	You might try: swimming	6x2:00 at Tempo pace w/ 1:00min easy between		Static Stretching	Opt 1: Core workout
	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/11	TUES 7/12	WED 7/13	THURS 7/14	FRI 7/15	SAT 7/16	SUN 7/17
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE</b>						
STARTING AUG 1 <sup>st</sup> !!!						
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: 17-18 MILES / 1.5 HOURS OF CROSS TRAINING</b>						
4 mile easy run	4 mile easy run	Cross Training	4 mile easy run	REST DAY!!!	5-6 miles easy pace	Cross Training
Static Stretching	Static Stretching	You might try: swimming	Static Stretching		Static Stretching	Opt 1: Core workout
		Cycling				Opt 2: Yoga
		Or palates				Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 23-25 MILES / 2 HOURS OF CROSS TRAINING</b>						
5 mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	6-8 miles easy pace	Cross Training
Static Stretching	6 x 2:30min @ Tempo pace w/1:30min rest	You might try: swimming	6-8 Hill Sprints		Static Stretching	Opt 1: Core workout
	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/18	TUES 7/19	WED 7/20	THURS 7/21	FRI 7/22	SAT 7/23	SUN 7/24
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE</b>						
STARTING AUG 1 <sup>st</sup> !!!						
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: 20-23 MILES / 1.5 HOURS OF CROSS TRAINING</b>						
4mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	6-8 miles easy pace	Cross Training
4 x100m strides	4-6 Hill Sprints	You might try: swimming	4 x 1:30min @ Tempo pace w/ 1:30min easy		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 24-26 MILES / 2 HOURS OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	6-8 miles easy pace	Cross Training
5 x100m strides	3 x 1 mi @ Tempo pace w/ 2:00 min rest	You might try: swimming	6-8 Hill Sprints		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
<a href="#">Core X Routine</a>	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/25	TUES 7/26	WED 7/27	THURS 7/28	FRI 7/29	SAT 7/30	SUN 7/31
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: ANY FROM OF ACTIVITY/EXERCISE AND/OR STRETCHING</b>						
Starting AUGUST 1st!!!						
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: 20 MILES / 1.5 HOURS OF CROSS TRAINING</b>						
4 mile easy run	2 mile warmup run	Cross Training	4mile easy run	REST DAY!!!	6 miles easy pace	Cross Training
3 x100m strides	4 x 2:00min @ Tempo pace w/ 1:30min rest	You might try: swimming	6 x100m strides		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	Static Stretching			Opt 2: Yoga
	Static Stretching	Or palates				Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 22-24 MILES / 2 HOURS OF CROSS TRAINING</b>						
5 mile easy run	2 mile warmup run	Cross Training	4-6 mile easy run	REST DAY!!!	8 miles easy pace	Cross Training
4 x100m strides	4 x1 mile Tempo run w/1:00min rest	You might try: swimming	6 x100m strides		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	Static Stretching			Opt 2: Yoga
	Static Stretching	Or palates				Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 8/01	TUES 8/02	WED 8/03	THURS 8/04	FRI 8/05	SAT 8/06	SUN 8/07
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: 75+ MINUTES OF WALKING/RUNNING</b>						
15-20min easy walk or run	5min EASY warmup walk or run	Rest or <b>Cross-train</b>	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
<b>Static Stretching</b>	Run 3min, walk 1min Repeat 3x or Brisk walk 3min, easy walk 1min Repeat 3x		Run 4min, walk 1min Repeat 3x or Brisk walk 4min, easy walk 1min Repeat 3x	Stretching or	Run 5min, walk 1min Repeat 3x or Brisk walk 5min, easy walk 1min Repeat 3x	
	<b>Static Stretching</b>		<b>Static Stretching</b>	Yoga	<b>Static Stretching</b>	
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: 23-25 MILES / 1.5 HOURS OF CROSS TRAINING</b>						
4mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	8 miles easy pace	Cross Training
6 x100m Strides	3 x 1 mi Tempo run w/ 2:00 rest	You might try: swimming	4-6 Hill Climbs/Sprints		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or palates				Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 28-31 MILES / 2 HOURS OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	8-10 miles easy pace	Cross Training
6 x100m Strides	10 x 400m at 5k race pace w/ 400m easy	You might try: swimming	8-10 Hill Climbs/Sprints		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
	Static Stretching	Or palates				Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 8/08	TUES 8/09	WED 8/10	THURS 8/11	FRI 8/12	SAT 8/13	SUN 8/14
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: 80+ MINUTES OF WALKING/RUNNING</b>						
20-25min easy walk or run	5min EASY warmup walk or run	Rest or <b>Cross-train</b>	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
<b>Static Stretching</b>	Run 6min, walk 1min Repeat 3x or Brisk walk 3min, easy walk 1min Repeat 3x		Climb/run up a small hill or long flight of stairs, walk down repeat 3-5x	Stretching or	Run 5min, walk 1min Repeat 3x or Brisk walk 5min, easy walk 1min Repeat 3x	
	<b>Static Stretching</b>		<b>Static Stretching</b>	Yoga	<b>Static Stretching</b>	
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: 28 MILES / 1.5 HOURS OF CROSS TRAINING</b>						
4mile easy run	1-2 mile warmup	Cross Training	6mile easy run	REST DAY!!!	8 miles easy pace	Cross Training
6 x100m Strides	4 x 1mile Tempo w/1:00 rest	You might try: swimming	6 x100m Strides		Static Stretching	Opt 1: Core workout
Static Stretching	1-2mile cool down	Cycling	Static Stretching			Opt 2: Yoga
	Static Stretching	Or palates				Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 31 MILES / 2 HOURS OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup	Cross Training	2 mi warm up	REST DAY!!!	10 miles easy pace	Cross Training
6 x100m Strides	6 x 800m @ 5k race pace w/ 400m easy	You might try: swimming	4 mi @ tempo pace		Static Stretching	Opt 1: Core workout
Static Stretching	2mile cool down	Cycling	2 mi cool down			Opt 2: Yoga
	Static Stretching	Or palates				Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 8/15	TUES 8/16	WED 8/17	THURS 8/18	FRI 8/19	SAT 8/20	SUN 8/21
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE</b>						
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
Static Stretching	Run 7min, walk 1min Repeat 3x or Brisk walk 7min, easy walk 1min Repeat 3x	You might try: swimming Cycling Or Or palates	Climb/run up a small hill or long flight of stairs, walk down repeat 3-5x	Stretching Or yoga	Run 8min, walk 1min Repeat 3x or Brisk walk 8min, easy walk 1min Repeat 3x	
	Static Stretching		Static Stretching		Static Stretching	
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: MILES 25-28/ 1.5 HOURS OF CROSS TRAINING</b>						
5 mile easy run	2 mile warmup run	Cross Training	1-2 mile warmup	REST DAY!!!	8 miles easy pace	Cross Training
6 x100m strides	4 mi alternating progressions 400/1200	You might try: swimming	3 mi @ Tempo pace		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	1-2mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 30-32 MILES / 2 HOURS OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	10-12 miles easy pace	Cross Training
6 x100m strides	5 x 1000m @ 5k race pace w/ 400m easy	You might try: swimming	8-10 x hill sprint		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 8/22	TUES 8/23	WED 8/24	THURS 8/25	FRI 8/26	SAT 8/27	SUN 8/28
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: 2 – 2.5 HOURS OF RUNNING OR WALKING / 1.5 HOURS OF CROSS TRAINING</b>						
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
Static Stretching	Run 15min, walk 1min Repeat 2x or Brisk walk 15min, easy walk 1min Repeat 2x	You might try: swimming Cycling Or Or palates	Run 17min, walk 1min Repeat 2x or Brisk walk 17min, easy walk 1min Repeat 2x	Stretching Or yoga	Run 19min, walk 1min Repeat 2x or Brisk walk 19min, easy walk 1min Repeat 2x	
	Static Stretching		Static Stretching		Static Stretching	
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: MILES 25-27/ 1.5 HOURS OF CROSS TRAINING</b>						
4mile easy run	2 mile warmup run	Cross Training	2 mile warm up	REST DAY!!!	8-10 miles easy pace	Cross Training
6 x100m strides	2-3 miles at race pace effort	You might try: swimming	4 mi @ Tempo pace		Static Stretching	Opt 1: Core workout
Static Stretching	1-2 mile cool down	Cycling	1-2 mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 33-35 MILES / 2 HOURS OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup run	REST DAY!!!	12 miles easy pace	Cross Training
6 x100m strides	3-4 miles at race pace effort	You might try: swimming	5 mi @ Tempo pace		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga



# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 8/29	TUES 8/30	WED 8/31	THURS 9/1	FRI 9/2	SAT 9/3	SUN 9/4
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: 2.5 – 3 HOURS OF RUNNING or WALKING / 1.5 HOURS OF CROSS TRAINING</b>						
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	Rest Day!!!
Static Stretching	Run 20min, walk 1min Repeat 2x or Brisk walk 20min, easy walk 1min Repeat 2x	You might try: swimming Cycling Or Or palates	Run 24min, walk 1min Repeat 2x or Brisk walk 24min, easy walk 1min Repeat 2x	Stretching Or yoga	Run 26min, walk 1min Repeat 2x or Brisk walk 26min, easy walk 1min Repeat 2x	
	Static Stretching		Static Stretching		Static Stretching	
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: MILES 22 / 1.5 HOURS OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	9-10 miles easy pace	Cross Training
6 x100m strides	4x800/800 alternating progressions	You might try: swimming	4 mi @ race pace		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	1-2mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 29 MILES / 2 HOURS OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	10 miles easy pace	Cross Training
6 x100m strides	3 x 1600m at 5k race pace w/ 400 easy	You might try: swimming	5 mi @ race pace		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2mile cool down			Opt 2: Yoga
	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 9/5	TUES 9/6	WED 9/7	THURS 9/8	FRI 9/9	SAT 9/10	SUN 9/11
<b>5K BEGINNER</b>						
<b>WEEKLY GOAL: 2.5 – 3 HOURS OF RUNNING OR WALKING / 1.5 HOURS OF CROSS TRAINING</b>						
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	REST DAY!!!
Static Stretching	Run 28min, walk 1min Repeat 2x or Brisk walk 20min, easy walk 1min Repeat 2x	You might try: swimming Cycling Or Or palates	Run 26min, walk 1min Repeat 2x or Brisk walk 24min, easy walk 1min Repeat 2x	Stretching Or yoga	Easy 20-30 min walk or run just to loosen up your muscles. Do not push or exert yourself!	
	Static Stretching		Static Stretching		Static Stretching	
<b>10 MILE BEGINNER</b>						
<b>WEEKLY GOAL: 28 MILES / 1 HOUR OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	4mile easy run	REST DAY!!!	4-6 miles easy pace	REST DAY!!!
6 x100m strides	4mi alternating progressions 1000/600	You might try: swimming	6 x100m strides		Static Stretching	
Static Stretching	1-2 mile cool down Static Stretching	Cycling Or Or palates	Static Stretching			
<b>10 MILE INTERMEDIATE</b>						
<b>WEEKLY GOAL: 32 MILES / 1 HOUR OF CROSS TRAINING</b>						
6mile easy run	2 mile warmup run	Cross Training	6mile easy run	REST DAY!!!	6 miles easy pace	REST DAY!!!
6 x100m strides	5miles alternating progressions 1000/600	You might try: swimming	6 x100m strides		Static Stretching	
Static Stretching	2 mile cool down Static Stretching	Cycling Or Or palates	Static Stretching			

# 2016 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 9/12	TUES 9/13	WED 9/14	THURS 9/15	FRI 9/16	SAT 9/17	SUN 9/18
<b>5K BEGINNER</b> <b>WEEKLY GOAL: 2.5 – 3 HOURS OF RUNNING OR WALKING / 1.5 HOURS OF CROSS TRAINING</b>						
20-25min easy walk or run	5min EASY warmup walk or run	Cross-train	5min EASY warmup walk or run	Rest	5min EASY warmup walk or run	RACE DAY 5k!!!
Static Stretching	Run 28min, walk 1min Repeat 2x or Brisk walk 20min, easy walk 1min Repeat 2x	You might try: swimming Cycling Or Or palates	Run 26min, walk 1min Repeat 2x or Brisk walk 24min, easy walk 1min Repeat 2x	Stretching Or yoga	Easy 20-30 min walk or run just to loosen up your muscles. Do not push or exert yourself!	
	Static Stretching		Static Stretching		Static Stretching	
<b>10 MILE BEGINNER</b> <b>WEEKLY GOAL: 28 MILES / 1 HOUR OF CROSS TRAINING</b>						
4mile easy run	2 mile warmup run	Cross Training	4mile easy run	REST DAY!!!	2-3 miles easy pace	RACE DAY 10 MILES!!!
6 x100m strides	2 mi @ race pace	You might try: swimming	6 x100m strides		Static Stretching	
Static Stretching	1-2 mile cool down Static Stretching	Cycling Or palates	Static Stretching			
<b>10 MILE INTERMEDIATE</b> <b>WEEKLY GOAL: 32 MILES / 1 HOUR OF CROSS TRAINING</b>						
5mile easy run	2 mile warmup run	Cross Training	4mile easy run	REST DAY!!!	2-3 miles easy pace	RACE DAY 10 MILES!!!
6 x100m strides	3 mi @ race pace	You might try: swimming	6 x100m strides		Static Stretching	
Static Stretching	2 mile cool down Static Stretching	Cycling Or palates	Static Stretching			

If you're looking for help with your training, people to run with, new friends, and lots of fun checkout [www.rungr.com](http://www.rungr.com).