

2018 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/2	TUES 7/3	WED 7/4	THURS 7/5	FRI 7/6	SAT 7/7	SUN 7/8
5K BEGINNER						
WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE						
STARTING JULY 30th!!!						
10 MILE BEGINNER						
WEEKLY GOAL: 14 MILES / 1.5 HOURS OF CROSS TRAINING						
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
10 MILE INTERMEDIATE						
WEEKLY GOAL: 23-25 MILES / 2 HOURS OF CROSS TRAINING						
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	8 x Fartleks (1:00 on / 1:00 off)		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

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MON 7/9	TUES 7/10	WED 7/11	THURS 7/12	FRI 7/13	SAT 7/14	SUN 7/15
5K BEGINNER						
WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE						
STARTING JULY 30th!!!						
10 MILE BEGINNER						
WEEKLY GOAL: 17-18 MILES / 1.5 HOURS OF CROSS TRAINING						
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
10 MILE INTERMEDIATE						
WEEKLY GOAL: 23-25 MILES / 2 HOURS OF CROSS TRAINING						
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 800 meters @ 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

2018 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/16	TUES 7/17	WED 7/18	THURS 7/19	FRI 7/20	SAT 7/21	SUN 7/22
5K BEGINNER						
WEEKLY GOAL: ANY FORM OF ACTIVITY/EXERCISE						
STARTING JULY 30th!!!						
10 MILE BEGINNER						
WEEKLY GOAL: 20-23 MILES / 1.5 HOURS OF CROSS TRAINING						
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	8xFartleks (1:00 on / 1:00 off)		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
10 MILE INTERMEDIATE						
WEEKLY GOAL: 24-26 MILES / 2 HOURS OF CROSS TRAINING						
5mile easy run	2 mile warmup run	Cross Training	2 mile warmup	REST DAY!!!	6-8 miles easy pace	Cross Training
5 x100m strides	8-10 Hill sprints	You might try: swimming	8 x Fartleks (2:00 on / 2:00 off)		Static Stretching	Opt 1: Core workout
Static Stretching	2 mile cool down	Cycling	2 mile cool down			Opt 2: Yoga
Core X Routine	Static Stretching	Or palates	Static Stretching			Opt 3: Weights/other

2018 LAKE MICHIGAN CREDIT UNION BRIDGE RUN TRAINING PLANS

MON 7/23	TUES 7/24	WED 7/25	THURS 7/26	FRI 7/27	SAT 7/28	SUN 7/29
5K BEGINNER						
WEEKLY GOAL: ANY FROM OF ACTIVITY/EXERCISE AND/OR STRETCHING						
Starting JULY 30th!!!						
10 MILE BEGINNER						
WEEKLY GOAL: 20 MILES / 1.5 HOURS OF CROSS TRAINING						
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 600 meters @ 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
10 MILE INTERMEDIATE						
WEEKLY GOAL: 22-24 MILES / 2 HOURS OF CROSS TRAINING						
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 x1mile 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