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| New Runner May Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/1 – 5/7 | 20 min | OFF | 20 min | OFF | 20 min | 20 min | OFF | 80 min |
|  |   |   |   |   |   |   |   |   |
| 5/8 – 5/14 | 20 min | OFF | 20 min | OFF | 20 min | 20 min | OFF | 80 min |
|  |   |   |   |   |   |   |   |   |
| 5/15 – 5/21 | 20 min | 20 min | 20 min | OFF | 20 min | 20 min | OFF | 100 min |
|  |   |   |   |   |   |   |   |   |
| 5/22 – 5/28 | 20 min | 20 min | 20 min | 20 min | OFF | 30 min | OFF | 110 min |
|   |   |   |   |   |   |   |   |   |
| 5/29 – 6/4 | 20 min | 20 min | 20 min | 20 min | OFF | 30 min | OFF | 110 min |
|  |  |  |  |  |  |  |  |  |