

Love Run Training Program 7K							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Walk/Run 1 mile	Core Strength or Yoga	Walk/Run 1 mile	Rest	Cross Train	Walk/Run 2 miles
Week 2	Rest	Walk/Run 1 mile	Core Strength or Yoga	Walk/Run 1 mile	Rest	Cross Train	Walk/Run 2 miles
Week 3	Rest	Walk/Run 1 mile	Core Strength or Yoga	Run 1 mile	Rest	Cross Train	Walk/Run 2 miles
Week 4	Rest Day or Yoga	Run 1 mile	Core Strength or Yoga	Walk/Run 2 miles	Rest	Cross Train	Run 2 miles
Week 5	Rest Day or Yoga	Run 1 mile	Core Strength or Yoga	Run 2 miles	Rest	Cross Train	Run 2 miles
Week 6	Rest Day or Yoga	Run 1 mile	Core Strength or Yoga	Run 2 miles	Rest	Cross Train	Walk/Run 3 miles
Week 7	Rest Day or Yoga	Run 2 miles	Core Strength or Yoga	Run 2 miles	Rest or Run 1 mile	Cross Train	Run 4 miles
Week 8	Rest Day or Yoga	Run 2 miles	Core Strength or Yoga	Run 2 miles	Rest or Run 1 mile	Cross Train	Run 4 miles
Week 9	Rest Day or Yoga	Run 1 mile	Core Strength or Yoga	Run 2 miles	Rest or Run 1 Miles	Cross Train	Run 3 miles
Week 10	Rest Day or Yoga	Run 1 Miles	Core Strength or Yoga	Run 2 miles	Rest or Run 1 mile	Cross Train	RACE DAY!!

If you're just starting a running program, your first 2-3 weeks of running each specified distance should be a combination of walking + running
 Start with running for 2 minutes, walking for 1 minute. Increasing the amount of running time and decreasing the amount of walking time to your target distance

- Monday: rest or gentle stretch/yoga
- Tuesday: easy pace, comfortable run
- Wednesday: core strengthening (pilates, barre, gym or home workout, power yoga)
- Thursday: faster paced run, incorporate hills or sprints
- Friday: rest or easy run
- Saturday: cross training/full body workout (HIIT, TRX, Spin, Boot Camp)
- Sunday: long run



This is a flexible training plan that can be adjusted to match your schedule. Trade days and switch workouts as needed. Need more guidance? Contact us at gina@core-fit.com to schedule a session with a run coach.

For more info about Philly Runs Free visit www.phillyrunsfree.com