



October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rest	1 mile warmup; 8 x 1:00 hill repeat; 1 mile cooldown	Rest	3 easy miles	11 MILE GROUP RUN	Rest
5 easy miles (Fleet Feet Group Run)	Rest	1 mile warmup; 4 x 1 mile w/ 2:00 rest; 1 mile cooldown	Rest	3 easy miles	12 MILE GROUP RUN	Rest
5 easy miles (Fleet Feet Group Run)	Rest	1 mile warmup; 4 miles at goal race pace; 1 mile cooldown	Rest	3 easy miles	6 MILE GROUP RUN	Rest
5 easy miles (Fleet Feet Group Run)	Rest	1 mile warmup; 4x400m w/ 2:00 rest; 1 mile cooldown	Rest	Rest	2 easy miles	ATHHALF



Rest Days

Rest & recovery are just as important as the runs you do. Make sure to take the days after workouts & long runs off (Thursdays & Sundays). If you want to cross-train, focus on low impact activities like cycling or swimming.

Racing During Training

If there are races you want to do during the training plan, substitute those races for the weekend long run. Add a longer warmup or cooldown if you need some additional mileage. Don't try to make up missed runs, just continue on with the plan.

Gear & Nutrition

Having the proper gear is just as important as a solid training plan. We at Fleet Feet Athens are experts and more than happy to help guide you towards your best options depending on your individual needs. Come in & see us!