All runners not listed in any other training plan will run this one. If you feel like you are ready for more, let me know, but I will look at Strava and see how you are logging your miles before switching you.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| New Runner April Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 4/13 – 4/19 | 15 min | OFF | 15 min | OFF | OFF | 20 min | OFF | 50 min |
|  |  |  |  |  |  |  |  |  |
| 4/20 – 4/26 | 15 min | OFF | 15 min | 10 min | OFF | 25 min | OFF | 65 min |
|  |  |  |  |  |  |  |  |  |
| 4/27 – 5/3 | 15 min | OFF | 15 min | 10 min | OFF | 25 min | OFF | 65 min |
|  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| New Runner May Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/4 – 5/10 | 15 min | OFF | 20 min | 15 min | OFF | 30 min | OFF | 80 min |
|  |  |  |  |  |  |  |  |  |
| 5/11 – 5/17 | 15 min | OFF | 15 min | 15 min | OFF | 30 min | OFF | 75 min |
|  |  |  |  |  |  |  |  |  |
| 5/18 – 5/24 | 20 min | OFF | 20 min | 20 min | OFF | 30 min | OFF | 90 min |
|  |  |  |  |  |  |  |  |  |
| 5/25 – 5/31 | 20 min | 15 min | 20 min | 20 min | OFF | 30 min | OFF | 1055 min |
|  |  |  |  |  |  |  |  |  |