

JANUARY 2025 TRAINING PLAN

BEGINNER LEVEL



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30 SEE FULL TRAINING PLAN FOR RUN DESCRIPTIONS/DETAILS	31	1 10min warm-up (easy) 4x1min on/1min off 2x2min on/2min off 4x30sec on/30sec off 5min cooldown (easy)	2 Strength 1 Week 2 Day 1 (3x8)	3 10min walking warm-up 10min easy run 4x strides	4 10min walking warm-up 2mi easy long run/walk	5 FULL REST DAY
WEEK 2	6 10min warm-up (easy) 5x30sec ON (fast), 60sec OFF (walking recovery) 10min cooldown (easy)	7 Strength 1 Week 3 Day 1 (3x8)	8 5min walking warm-up 15min easy run 4x strides	9 Strength 1 Week 3 Day 2 (3x8)	10 10min walking warm-up 10min easy run 4x strides	11 10min walking warm-up 3mi easy long run/walk	12 FULL REST DAY
WEEK 3	13 10min warm-up (easy) 7x30sec ON (fast), 60sec OFF (walking recovery) 10min cooldown (easy)	14 Strength 1 Week 1 Day 4 (2x12)	15 5min walking warm-up 15min easy run 4x strides	16 Mobility	17 5min walking warm-up 1mi shakeout 4x strides	18 5min walking warm-up 4x strides 1mi all-out effort 5min walking cooldown	19 FULL REST DAY
WEEK 4	20 10min walking warm-up 20min easy run	21 Strength 1 Week 4 Day 2 (2x12)	22 10min warm-up (easy) 6x strides 5x60sec ON (fast), 60sec OFF (walking recovery) 10min cooldown (easy)	23 Strength 1 Week 4 Day 1 (2x12)	24 5min walking warm-up 15min easy run 4x strides	25 10min walking warm-up 3mi easy long run/walk	26 FULL REST DAY
WEEK 5	27 10min warm-up (easy) 6x strides 8x200m w/ 200m walking recovery in between reps 10min cooldown (easy)	28 Strength 2 Week 1 Day 2 (2x12)	29 10min walking warm-up 20min easy run 4x strides	30 Strength 2 Week 1 Day 1 (2x12)	31 5min walking warm-up 15min easy run 4x strides	1	2