

ANATOMY OF A TRAINING WEEK



The breakdown of how a training week should be structured for busy adults with hectic lives who are training for races from 1 mile to 100 miles. Some adults can, and should, train more than is suggested here. This schedule is ideal for most runners who want to stay healthy and run confidently.

MONDAY | EASY RUN + STRIDES

Easy Running with Strides (strides as a part of the run)

SAM Easy

TUESDAY | WORKOUT

Challenging Aerobic Workout:

Fartlek /Progression/ Yasso 800s

SAM Hard

WEDNESDAY | TIRED LEGS RUN

Easy Run

SAM Easy

THURSDAY | CROSS TRAINING

Cross Train for 45-60 Minutes

SAM Easy

Best options: Aqua jogging, Cycling, Elliptical

FRIDAY | EASY RUN + STRIDES

Strides at 5k pace at 30 min mark

SAM Easy

SATURDAY | LONG RUN

Long Run

SAM Hard

SUNDAY | BRISK WALK

Brisk Walking for 45+ Minutes



For more practical tips on how to run faster and information about my coaching, visit www.CoachJayJohnson.com