



# Empower Run Training Plan

	MON	TUES	WED	THURS	FRI	SAT	SUN
W01	30 min Strength Workout or Rest	2 mile Easy Run	30 min Strength Workout or Rest	2 mile Easy Run	Rest	2 mile Run/Walk	2 mile Walk or Rest
W02	30 min Strength Workout or Rest	2.5 mile Easy Run	30 min Strength Workout or Rest	2.5 mile Easy Run	Rest	3 mile Run/Walk	2 mile Walk or Rest
W03	30 min Strength Workout or Rest	3 mile Easy Run	30 min Strength Workout or Rest	3 mile Easy Run	Rest	4 mile Run/Walk	2 mile Walk or Rest
W04	30 min Strength Workout or Rest	3 mile Easy Run	30 min Strength Workout or Rest	4 mile Easy Run	Rest	5 mile Run/Walk	2 mile Walk or Rest
W05	3 mile Easy Run	30 min Strength Workout or Rest	Rest or 2 mile Easy Run/Walk	3 mile Easy Run	Rest	Race Day!	Rest

