



# Empower Run Training Plan

	MON	TUES	WED	THURS	FRI	SAT	SUN
W01	Walk/Run 20 mins	Walk 10 min & Stretch 15 min	Strength Workout or Rest	Walk/Run 20 mins	Walk 10 min & Stretch 15 min	Strength Workout or Rest	Rest
W02	Walk/Run 20 mins	Walk 10 min & Stretch 15 min	Strength Workout or Rest	Walk/Run 20 mins	Walk 10 min & Stretch 15 min	Strength Workout or Rest	Rest
W03	Walk/Run 25 mins	Walk 10 min & Stretch 15 min	Strength Workout or Rest	Walk/Run 25 mins	Walk 10 min & Stretch 15 min	Strength Workout or Rest	Rest
W04	Walk/Run 30 mins	Walk 15 min & Stretch 15 min	Strength Workout or Rest	Walk/Run 30 mins	Walk 15 min & Stretch 15 min	Strength Workout or Rest	Rest
W05	Walk/Run 30 mins	Walk 20 min & Stretch 15 min	Strength Workout or Rest	Walk/Run 30 mins	Walk 20 min & Stretch 15 min	Race Day!	Rest

