

BEGINNER RUNNING

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|---|---|---|--|
|  RUN 20-30 |  |  RUN 20-30 |  |  WALK 20-30 |  |  RUN 25-35 |
|  RUN 20-30 |  |  RUN 20-30 |  |  WALK 20-30 |  |  RUN 25-35 |
|  RUN 20-30 |  |  RUN 20-30 |  |  WALK 20-30 |  |  RUN 30-40 |
|  RUN 25-35 |  |  RUN 25-35 |  |  WALK 25-35 |  |  RUN 30-40 |
|  RUN 25-35 |  |  RUN 25-35 |  |  WALK 25-35 |  |  RUN 35-45 |
|  RUN 25-35 |  |  RUN 25-35 |  |  WALK 25-35 |  |  RUN 35-45 |

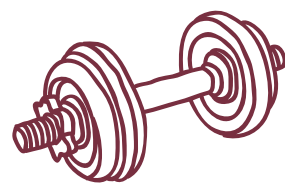


Finish Strong

LEGEND & INSTRUCTIONS



Walk - Use time range depending on your level
Run/Walk - Use run/walk ratio depending on your level
Run - Use time range depending on your level



Full Body Strength Training -
Suggested routine provided at the beginning of every week



Light Recovery aka Wild Card -
Can be used as make-up days if you miss a walk/run
Can be used for stretching, yoga, meditation
Can be used as rest day (still make time for self-care)
Can be used as very light active recovery day
Can be used for a second strength training routine



Grocery/Meal Prep-
The most important day of the plan.
Fail to plan = plan to fail

Days are all interchangeable make this work for you. No more than 3 run days per week for all Finish Strong challengers. If you have running experience, shoot me a message. I do not suggest back2back run days.

Individual run:walk ratios will be prescribed during goal-setting session. If goal-setting session is after the challenge starts, shoot me a message to go over suggested ratio.

If you are choosing an alternate form of cardio, consider using the walking plan as additional time to commit to your fitness and your goals.

Have questions?
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