

WoW! Boot Camp/Athens Road Runners

13.1 Training: Conservative

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 7/28-8/3	60 min cross train	3 m run	2 m run or cross train	3 m run + strength	rest	YMCA - Coach Mike 5K	4 miles
2 8/4-8/10	60 min cross train	3 m run	2 m run or cross train	3 m run + strength	rest	5 mile (#1 Group Run)	rest
3 8/11-8/17	60 min cross train	3.5 m run	2 m run or cross train	3.5 m run + strength	rest	6 mile (#2 Group Run)	rest
4 8/18-8/24	60 min cross train	3.5 m run	2 m run or cross train	3.5 m run + strength	rest	5 mile run	Tri to Beat Cancer Tri
5 8/25-8/31	60 min cross train	4 m run	2 m run or cross train	4 m run + strength	rest	7 mile (#3 Group Run)	rest
6 9/1-9/7	60 min cross train	4 m run	2 m run or cross train	4 m run + strength	rest	JRF Running for Rankin 5K	rest
7 9/8-9/14	60 min cross train	4.5 m run	3 m run or cross train	4.5 m run + strength	rest	8 mile (#4 Group Run)	rest
8 9/15-9/21	60 min cross train	4.5 m run	3 m run or cross train	4.5 m run + strength	rest	9 mile #5 Group Run)	rest
9 9/22-9/28	60 min cross train	5 m run	3 m run or cross train	5 m run + strength	rest	8 mile Run	rest
10 9/29-10/5	60 min cross train	5 m run	3 m run or cross train	5 m run + strength	rest	10 mile (#6 Group Run)	rest
11 10/6-10/12	60 min cross train	5 m run	3 m run or cross train	5 m run + strength	rest	12 mile (#7 Group Run)	rest
12 10/13-10/19	60 min cross train (EASY!)	4 m run	3 m run or cross train	2 m run	rest	rest	Athens Half Race Day!