



presented by



June 3, 2023

10M

8 Week Training Plan

Date Started: _____ Goal: _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Lower Body	2 miles	Rest & Stretch	2 miles	Cross Train	3 miles	Rest
2	Strength Lower Body	2 miles	Rest & Stretch	2 miles	Cross Train	4 miles	Rest
3	Strength Lower Body	2 miles	Rest & Stretch	3 miles	Cross Train	5 miles	Rest
4	Strength Lower Body	3 miles	Rest & Stretch	4 miles	Cross Train	6 miles	Rest
5	Strength Lower Body	3 miles	Rest & Stretch	5 miles	Cross Train	7 miles	Rest
6	Strength Lower Body	4 miles	Rest & Stretch	5 miles	Cross Train	8 miles	Rest
7	Strength Lower Body	4 miles	Rest & Stretch	4 miles	Cross Train	5 miles	Rest
8	Strength Lower Body	4 miles	Rest & Stretch	4 miles	Cross Train	Race Day	Rest

*For strength training and mobility exercises print out the plan from Coach Jaci
www.minnesotarunningseries.com/training