

2020 LAUGH Run Training Schedule

From Still to His Wil

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 01	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 30sec hard x10	Cross Train	Warm up Run 20 m Conversational Pace	Rest
		Warm Up Run 25 m Conversational Pace					
Week 02	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 1m hard x10	Cross Train	Warm up Run 25m Conversational Pace	Rest
		Warm Up Run 25 m Conversational Pace					
Week 03	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 2m hard x10	Cross Train	Warm up Run 35m Conversational Pace	Rest
		Warm Up Run 25 m Conversational Pace					
Week 04	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 3m hard x10	Cross Train	Warm up Run 40m Conversational Pace	Rest
		Warm Up Run 25 m Conversational Pace					
Week 05	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 1m hard x10	Cross Train	Warm up Run 30 m Conversational Pace	Rest
		Warm Up Run 25 m Conversational Pace					
Week 06	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 2m hard x10	Cross Train	Warm up Run 45m Conversational Pace	Rest
		Warm Up Run 25 m Conversational Pace					
Week 07	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 2m hard x 8	Cross Train	Warm up Run 40 m Conversational Pace	Rest
		Warm Up Run 25 m Conversational Pace					
Week 08	Cross Train	LAUGH	Rest or Cross Train	Warm up Run 2m easy 1m hard x 6	20m Run	Pick up your LOL5k race packet!!!	RACE DAY!!!!
Race Week!		Warm Up Run 25 m Conversational Pace					