

# February 2020



SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Training Day 1 = Find base pace. Jog/walk for 30 minutes. Note distance, this pace is your base pace.		Interval Day: Start out at base pace for a 5 minute warm up. Then increase your speed slightly for 1 min. then back down to base for 3 mins. Repeat 5 times. End with 5 min cool down.		Interval Day 2 this week: 5 min warm up. Then 2 mins at a quick pace/5 mins at base pace. Repeat 6 times. End with a half mile easy cool down.	Core Work: :30 plank :30 seated twists :30 Runner Sit-ups Repeat 3-4 Times *go to @jumpfitnessnow IG for a demo video	Long Run Saturday: 45 min run. Start at base pace, every 5 mins, pick up pace slightly for 10-20 seconds, then back down to base. Note distance.
Rest, Stretch, Ice shins and knees as a proactive measure to avoid shin splints.	Mobility Day: Take 20 minutes to stretch your body. Glutes, hamstrings, Inner thighs, core, calves, shins, all need to be stretched. Do not over stretch. *go to @jumpfitnessnow IG for a demo video	Short Run/Walk Tuesday: 3 miles for time. Note time it took. This is your new base pace. Ex: 30 minutes to go 3 miles, new pace is 10 min/mile.		Interval Day 1 this week: 1 mile easy warm up. Then 1/2 mile at base pace + 1/4 mile at base pace - 1 min. Ex: 1/2 mile at 10 min mile pace + 1/4 mile at 9 min mile pace. If you don't have a watch to go off of- by "feel" go medium pace for half a mile then pick it up for that 1/4 mile. Repeat 5 times. End with 5 min cool down walk	Strength Work: :30 Reverse Lunges :30 bodyweight squats :30 plank hold *go to @jumpfitnessnow IG for a demo video	Long Run Saturday: 75 minute base pace, every 3 mins, pick up the pace slightly for 10-20 seconds, then back down to base. Note distance.
Rest, Stretch, Ice shins and knees as a proactive measure to avoid shin splints.	Mobility Day: Take 20 minutes to stretch your body. Glutes, hamstrings, Inner thighs, core, calves, shins, all need to be stretched. Do not over stretch.	Medium Run/Walk Tuesday: 5 miles for time. Note time it took. Try to stay as close to base as possible.		Interval Day: 1 mile easy warm up. Then :30 base - 1 minute pace, 1 minute base - 2 pace/fast, 1:00 walk. Repeat 5 times. End with 8 minutes easy jog/walk.	Core Work: :30 Knee to Elbow :30 seated twists :30 supermans Repeat 4 times *go to @jumpfitnessnow IG for a demo video	Long Run Saturday: 90 minutes base pace. Every 2 minutes, pick up the pace slightly for 10-20 seconds, then back down to base. Note distance.
Rest, Stretch, Ice shins and knees as a proactive measure to avoid shin splints.	Mobility Day: Take 20 minutes to stretch your body. Glutes, hamstrings, Inner thighs, core, calves, shins, all need to be stretched. Do not over stretch.	Interval Tuesday: 1/2 mile easy warm up. Then 1/4 mile easy pace. Rest for :30 seconds then right into 1/4 mile fast pace. Rest for 1:00 then Repeat 4 times. Then 2 miles for time. Finish with easy 5 min walking cool down.		Medium Run/Walk Thursday: 6 miles for time. Note time it took. Try to stay as close to base as possible.	Strength Work: :30 Glute Bridges :30 Crunch Roll-ups :30 Bird Dog Repeat 4 times	Leap Year Long Run: 100 minutes base pace. Every 3 minutes, pick up the pace for 20 full seconds, then back down to base. Note distance.
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