

# JANUARY 2025

## RUN LIVERMORE: 8-WEEK TRAINING PLAN



LOVE  
LIVERMORE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>29</b>	<b>30</b>	<b>31</b>	<b>01</b> Strength training	<b>02</b> 3-mile easy run	<b>03</b> Rest	<b>04</b> 5-mile long run
<b>05</b> Yoga or swimming	<b>06</b> Rest	<b>07</b> 3-mile easy run	<b>08</b> Strength training or cycling	<b>09</b> 4-mile tempo run (comfortably faster pace)	<b>10</b> Rest	<b>11</b> 6-mile long run
<b>12</b> Yoga, walk or hike	<b>13</b> Rest	<b>14</b> 4-mile easy run	<b>15</b> Strength training or cycling	<b>16</b> 5-mile run with intervals	<b>17</b> Rest	<b>18</b> 7-mile long run
<b>19</b> Yoga or swimming	<b>20</b> Rest	<b>21</b> 4-mile easy run	<b>22</b> Strength training or cycling	<b>23</b> 5-mile tempo run	<b>24</b> Rest	<b>25</b> 8-mile long run
<b>26</b> Yoga, walk or hike	<b>27</b> Rest	<b>28</b> 4-mile easy run	<b>29</b> Strength training or cycling	<b>30</b> 6-mile run with hill repeats	<b>31</b> Rest	<b>01</b>

### Tips

- **Hydration & Nutrition:** Test your fuel and hydration on long runs to find what works best.
- **Gear:** Check your shoes—they should feel great and have plenty of life left.
- **Pacing:** Run your easy runs easy! Save the energy for speed work and long runs.
- **Consistency:** Stick to the plan, but listen to your body—rest if you need it.

# FEBRUARY 2025

## RUN LIVERMORE: 8-WEEK TRAINING PLAN



LOVE  
LIVERMORE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
26	27	28	29	30	31	01 9-mile long run	<b>Tips</b> <ul style="list-style-type: none"> <li>• <b>Taper Time:</b> Embrace shorter runs—it's about feeling fresh, not losing fitness.</li> <li>• <b>Mental Focus:</b> Visualize yourself crossing the finish line strong and smiling!</li> <li>• <b>Recovery:</b> Stretch, hydrate, and prioritize sleep as mileage peaks.</li> </ul>
02 Yoga or swimming	03 Rest	04 5-mile easy run	05 Strength training or cycling	06 6-mile tempo run	07 Rest	08 10-mile long run	
09 Yoga, walk or hike	10 Rest	11 4-mile easy run	12 Strength training	13 4-mile run with intervals	14 Rest	15 8-mile long run	
16 Yoga, strength training or cycling	17 Rest	18 3-mile easy run	19 Swimming or yoga	20 2-mile easy run	21 Rest	22 Rest or light walking	
23 Rest	24 2-mile easy run	25 Rest	26 Yoga or stretching	27 Rest	28 Rest	01 Rest or light walking	
							<b>MARCH 02</b> <b>Race Day – Livermore Half Marathon!</b> 🏆🎉