

## Beginning Women's Running: Training Plan Three

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest, Walk, or Easy Jog	10 minute walk, <b>2 mile run</b> , 10 minute walk	Rest or Cross Train	10 minute walk, <b>2 mile run</b> , 10 minute walk	Rest	10 minute walk, <b>2 mile run</b> , 10 minute walk	30 minute walk
2	Rest, Walk, or Easy Jog	10 minute walk, <b>2 mile run</b> , 10 minute walk	Rest or Cross Train	10 minute walk, <b>2.5 mile run</b> , 10 minute walk	Rest	10 minute walk, <b>2.5 mile run</b> , 10 minute walk	30 minute walk
3	Rest, Walk, or Easy Jog	10 minute walk, <b>2.5 mile run</b> , 10 minute walk	Rest or Cross Train	10 minute walk, <b>3 mile hill run</b> , 10 minute walk	Rest	10 minute walk, <b>3 mile run</b> , 10 minute walk	40 minute walk
4	Rest, Walk, or Easy Jog	10 minute walk, <b>2.5 mile run</b> , 10 minute walk	Rest or Cross Train	5-10 minute walk, <b>3.5 mile run</b> , 5-10 minute walk	Rest	10 minute walk, <b>3 mile run</b> , 5 - 10 minute walk	40 minute walk
5	Rest, Walk, or Easy Jog	10 minute walk, <b>3 mile run</b> , 10 minute walk	Rest or Cross Train	10 minute walk, <b>3.5 mile hill run</b> , 5 - 10 minute walk	Rest	5-10 minute walk, <b>3.5 mile run</b> , 5-10 minute walk	60 minute walk
6	Rest, Walk, or Easy Jog	10 minute walk, <b>3 mile run</b> , 10 minute walk	Rest or Cross Train	5 minute walk, <b>4 mile run</b> , 5 minute walk	Rest	5-10 minute walk, <b>3.5 mile run</b> , 5-10 minute walk	60 minute walk
7	Rest, Walk, or Easy Jog	5-10 minute walk, <b>3.5 mile run</b> , 5-10 minute walk	Rest or Cross Train	5 minute walk, <b>4.5 mile hill run</b> , 5 minute walk	Rest	5 minute walk, <b>4 mile run</b> , 5 minute walk	60 minute walk
8	Rest, Walk, or Easy Jog	10 minute walk, <b>3 mile run</b> , 5 minute walk	Rest or Cross Train	10 minute walk, <b>2 mile run</b> , 10 minute walk <b>Party</b>	Rest	5K Race	Rest