

Beginner Training Schedule

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	(W4/R1) * 6	(W4/R1) * 6	(W4/R1) * 6	Rest	(W3/R2) * 6	Rest
2	Rest	(W3/R2) * 6	(W3/R2) * 5	(W3/R2) * 6	Rest	(W3/R2) * 6	Rest
3	Rest	(W3/R2) * 6	(W2/R4) * 3	(W3/R2) * 6	Rest	(W3/R6) * 3	Rest
4	Rest	(W2/R3) * 6	(W2/R6) * 4	(W2/R3) * 6	Rest	(W3/R8) * 2	Rest
5	Rest	(W2/R3) * 6	(W1/R8) * 3	(W2/R3) * 6	Rest	R12	Rest
6	Rest	(W1/R4) * 6	(W1/R10) * 3	(W1/R4) * 6	Rest	R18	Rest
7	Rest	(W1/R4) * 6	(W1/R15) * 2	(W1/R4) * 6	Rest	R25	Rest
8	Rest	(W1/R4) * 6	R20	(W1/R4) * 6	Rest	R30	Rest
9	Rest	(W3/R2) * 6	(W2/R10) * 3	Rest	Rest	5K	Rest

(i.e. (W2/R6) * 6 = Walk 2 minutes / run 6 minutes repeat 6 times)

[5K Fury: 10 Proven Steps to Get You to the Finish Line in 9 weeks or less!](#)

5K Fury - Training Log

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	(W4/R1) * 6	(W4/R1) * 6	(W4/R1) * 6	Rest	(W3/R2) * 6	Rest
2	Rest	(W3/R2) * 6	(W3/R2) * 5	(W3/R2) * 6	Rest	(W3/R2) * 6	Rest
3	Rest	(W3/R2) * 6	(W2/R4) * 3	(W3/R2) * 6	Rest	(W3/R6) * 3	Rest
4	Rest	(W2/R3) * 6	(W2/R6) * 4	(W2/R3) * 6	Rest	(W3/R8) * 2	Rest
5	Rest	(W2/R3) * 6	(W1/R8) * 3	(W2/R3) * 6	Rest	R12	Rest
6	Rest	(W1/R4) * 6	(W1/R10) * 3	(W1/R4) * 6	Rest	R18	Rest
7	Rest	(W1/R4) * 6	(W1/R15) * 2	(W1/R4) * 6	Rest	R25	Rest
8	Rest	(W1/R4) * 6	R20	(W1/R4) * 6	Rest	R30	Rest
9	Rest	(W3/R2) * 6	(W2/R10) * 3	Rest	Rest	5K	Rest



[5K Fury: 10 Proven Steps to Get You to the Finish Line in 9 weeks or less!](#)

Other books by Scott O. Morton

Beginner to Finisher Series:

Available Now		
	<p>Book 1:</p>	<p><u>Why New Runners Fail: 26 Ultimate Tips You Should Know Before You Start Running! (CLICK HERE)</u></p>
	<p>Book 2:</p>	<p><u>5K Fury: 10 Proven Steps to Get You to the Finish Line in 9 weeks or less! (CLICK HERE)</u></p>
	<p>Book 3:</p>	<p><u>10K Titan: Push Beyond the 5K in 6 Weeks or Less! (CLICK HERE)</u></p>
	<p>Book 4:</p>	<p><u>Beginner's Guide to Half Marathons: A Simple Step-By-Step Solution to Get You to the Finish Line in 12 Weeks! (CLICK HERE)</u></p>
Coming Soon		
	<p>Book 5:</p>	<p><i>Marathon Motivator: A Simple Step-By-Step Solution to get you to the Finish line in 20 Weeks!</i></p>



[5K Fury: 10 Proven Steps to Get You to the Finish Line in 9 weeks or less!](#)



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