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 - Training Log

W/1 #	M 1 -	Т1.	W/ - 1 1 -	/T11.	T.: 4.	C - 41 -	C1-
Week#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rest	(W4/R1) * 6	(W4/R1) * 6	(W4/R1)*6	Rest	(W3/R2)*6	Rest
4							
1	ъ	(TYYO / D O) + (77772 (D.C) + 5	avia (Da) La	70	(TYYO / D O) + (
	Rest	(W3/R2) * 6	(W3/R2) * 5	(W3/R2)*6	Rest	(W3/R2) * 6	Rest
2							
2	D	ANIO (DO) de C	01/10 /D A) di 0	ANIIO (D.O) de C	P	ANIO (D.C) de O	ъ
	Rest	(W3/R2)*6	(W2/R4) * 3	(W3/R2)*6	Rest	(W3/R6)*3	Rest
2							
3	ъ	(TYYO / D.O.) + (#### /D () 1	avva (D.a) + c		avva (p.ov. + a	
	Rest	(W2/R3) * 6	(W2/R6)*4	(W2/R3)*6	Rest	(W3/R8) * 2	Rest
4							-
	Rest	(W2/R3)*6	(W1/R8) * 3	(W2/R3)*6	Rest	R12	Rest
_							
5							
	Rest	(W1/R4) * 6	(W1/R10) * 3	(W1/R4) * 6	Rest	R18	Rest
6							
	Rest	(W1/R4)*6	(W1/R15) * 2	(W1/R4)*6	Rest	R25	Rest
_							
7							
	Rest	(W1/R4) * 6	R20	(W1/R4) * 6	Rest	R30	Rest
8							
	Rest	(W3/R2)*6	(W2/R10) * 3	Rest	Rest	5K	Rest
9							

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