



**ATLANTA MUSLIM RUNNING CLUB
BEGINNER PLAN
HUNGER WALK 2018**

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 - Jan 28	Run 5 min Walk 2 min repeat	XT/Rest	Run 7 Walk 2 repeat	XT	XT/Rest	Run 10 min Walk 2 min repeat	Rest
2 - Feb 4	Run 12 min Walk 3 min repeat	XT/Rest	Run 15 min Walk 3 min repeat	XT	XT/Rest	Run 15 min Walk 3 min repeat	Rest
3 - Feb 11	Run 15 min Walk 2 min repeat	XT/Rest	Run 15 min Walk 2 min repeat	XT	XT/Rest	Run 20 min	Rest
4 - Feb 18	Run 20 Walk 3 Run 10 Walk 2	XT/Rest	TRACK	XT	XT/Rest	Run 20 min Walk 5 min Run 10 min	Rest
5 - Feb 25	5k RACE!						

Run = do not start too fast and burn out!

Go at a pace that is comfortable. You should be able to maintain a conversation with a buddy without running out of breath.

XT = cross train

Any activity that works on strength and core is great. Yoga, pilates, machines, etc.

Track = 400 meter repeats

Find a public track or a path with a .25 mile loop or distance. Run 2 laps to warmup. Then do 1 lap x 4, resting 2 minutes in between. Time yourself and see if you can run a little bit faster every time. Run at a pace that is faster than usual, but where you could still answer a question if you had a buddy next to you. Finish with 2 laps as a cooldown.

XT/E = on this day you can do an easy run OR swim/bike/hike/etc.

Rest = no exercise on this day, besides walking