

**Novice 5K/10K Group**  
**Fall Session 9/3/22 - 11/19/22**



Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	9/3	3M	5:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
2	9/10	4M	6:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
3	9/17	5M	7:2	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
4	9/24	5M	7:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
5	10/1	6M	8:2	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
6	10/8	7M	8:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
7	10/15	5M	9:2	Rest	3M Easy	30 Min Crosstrain	HILLS	30 Min Crosstrain	Rest
8	10/22	4M	9:1	Rest	3M Easy	30 Min Crosstrain	HILLS	30 Min Crosstrain	Rest
9	10/29	Whittier Spooktacular K5		Rest	3M Easy	30 Min Crosstrain	HILLS	30 Min Crosstrain	Rest
10	11/5	6M	10:2	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
11	11/12	5M	10:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
12	11/19	Virtual 10K		Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest