

**Novice 5K/10K Group**  
**Winter Session 12/3/22-3/21/23**



Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	12/3	3M	5:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
2	12/10	4M	5:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
3	12/17	5M	5:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
4	12/24	5M	6:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
5	12/31	4.5M	6:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
6	1/7	Virtual 5K	none	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
7	1/14	5M	6:1	Rest	3M Easy	30 Min Crosstrain	HILLS	30 Min Crosstrain	Rest
8	1/21	6M	6:1	Rest	3M Easy	30 Min Crosstrain	HILLS	30 Min Crosstrain	Rest
9	1/28	7M	7:1	Rest	3M Easy	30 Min Crosstrain	HILLS	30 Min Crosstrain	Rest
10	2/4	6M	7:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
11	2/11	7M	7:1	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest
12	2/18	Virtual 10K	none	Rest	3M Easy	20 Min Crosstrain	HILLS	20 Min Crosstrain	Rest