

Novice 5K/10K
Summer Session 6/3/23 - 8/19/23



***6/10/23 Finish the Run 5K, 10K, half marathon (griffith Park)**

***8/5/23 Pride of the Valley 5K (Baldwin Park)**

Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	6/3	3M	5:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
2	6/10	4M	6:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
3	6/17	5M	6:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
4	6/24	3M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
5	7/1	4M	8:2	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
6	7/8	Virtual 5K	none	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
7	7/15	4M	8:1	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
8	7/22	5M	9:2	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
9	7/29	6M	9:1	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
10	8/5	4M	10:2	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
11	8/12	5M	10:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
12	8/19	Virtual 10K	none	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest