



Stunner Runners



AUGUST 2020

RUNNER PROGRAM

SUN	MON	TUE	WED	THU	FRI	SAT
9 Run 3 min Jog 2 min Repeat 3x	10 Rest	11 Run 3 min Jog 2 min Repeat 4x	12 Rest	13 Run 4 min Jog 2 min Repeat 3x	14 Run 4 min Jog 2 min Repeat 4x	15 Rest
16 Run 5 min Jog 2 min Repeat 3x	17 Rest	18 Run 5 min Jog 2 min Repeat 4x	19 Rest	20 Run 6 min Jog 2 min Repeat 3x	21 Run 6 min Jog 2 min Repeat 4x	22 Rest
23 Run for 1 mile	24 Rest	25 Run for 1 mile	26 Rest	27 Run for 1.5 miles	28 Run for 1.5 miles	29 Rest
30 Run for 2 miles	31 Rest					



Stunner Runners



SEPTEMBER 2020

RUNNER PROGRAM

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Run for 2 miles	2 Rest	3 Run for 2.5 miles	4 Run for 2.5 miles	5 Rest
6 Run for 3 miles	7 Rest	8 Run for 3 miles	9 Rest	10 Run for 3.5 miles	11 Run for 3.5 miles	12 Rest
13 Run for 4 miles	14 Rest	15 Run 2 miles Walk 1 mile	16 Rest	17 Light 1.5 mile run	18 Rest	19 RACE DAY! 