

Novice 5K/10K Group
 Winter Session 12/4/21 - 2/19/22



*1/16/22 Rose Bowl Half Marathon/5K
 **2/20/22 LA Chinatown Firecracker 5k/10K

Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	12/4	3M	5:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
2	12/11	4M	6:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
3	12/18	5M	6:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
4	12/25	5M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
5	1/1	4M	8:2	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
6	1/8	Virtual 5K	none	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
7	1/15	6M	8:1	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
8	1/22	7M	9:2	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
9	1/29	6M	9:1	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
10	2/5	7M	10:2	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
11	2/12	5M	10:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
12	2/19	Virtual 10K	none	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest