

HEART & SOLE READY

RUNNING PLAN

HOW IT WORKS:

3 RUNS PER WEEK TO BUILD ENDURANCE, SPEED, AND CONFIDENCE FOR RACE DAY

EASY RUN: COMFORTABLE, CONVERSATIONAL PACE

SPEED/TEMPO RUN: IMPROVES PACE & ENDURANCE (INTERVALS OR STEADY EFFORT)

LONG RUN: GRADUALLY BUILDS MILEAGE TO REACH 5 MILES

CHECK OFF EACH RUN AS YOU COMPLETE IT!

Week	Run 1 (Easy Run)	Run 2 (Speed or Tempo)	Run 3 (Long Run)	✅ Completed
1	1 mile	1 mile intervals (run 2 min, walk 1 min)	1.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	1.5 miles	1.5 miles steady pace	2 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	1.5 miles	2 miles intervals (run 3 min, walk 1 min)	2.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	2 miles	2 miles steady pace	3 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	2 miles	2.5 miles tempo run	3.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	2.5 miles	3 miles intervals (run 3 min, walk 1 min)	4 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	3 miles	3 miles steady pace	4.5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8	3 miles	3.5 miles tempo run	5 miles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9	3 miles	2 miles easy run	Heart & Sole Five Miler!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

FINAL TIPS FOR SUCCESS:

✓ BE CONSISTENT! STICK TO THE SCHEDULE AND DON'T STRESS IF YOU MISS A DAY. JUST KEEP MOVING. ✓ HYDRATE & FUEL PROPERLY! WATER + LIGHT SNACKS BEFORE LONG WALKS. ✓ LISTEN TO YOUR BODY! IF YOU FEEL PAIN, REST AND ADJUST. ✓ ENJOY THE JOURNEY! YOU'RE TRAINING TO FINISH STRONG ON RACE DAY! 💪🏃

WORKOUT ON BACK



HEART & SOLE READY

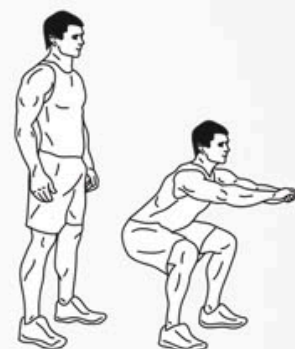
STRENGTH WORKOUT



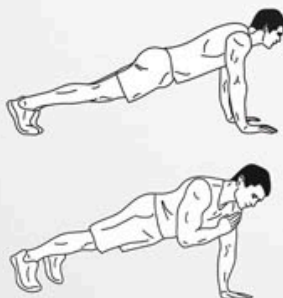
10 squats



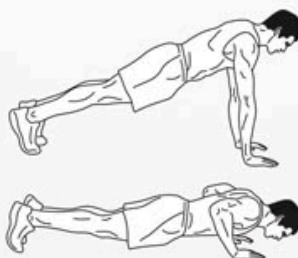
10 calf raises



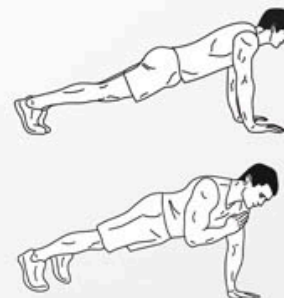
10 squats



10 shoulder taps



5 push-ups



10 shoulder taps

DO THIS WORKOUT 2 DAYS PER WEEK.

LEVEL 1: 3 SETS
LEVEL 2: 5 SETS
LEVEL 3: 7 SETS