

January

Beginners_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	10	11	12	13	14	15
Jog 5 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 5 minutes Stretch Jog 10 minutes Stretch	Jog 5 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch	Jog 5 minutes Stretch Jog 10 minutes Stretch	Jog 5 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 Minutes Stretch RUN 2 MILES Stretch	over the weekend:
16	17	18	19	20	21	22
Jog 5 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 5 minutes Stretch Jog 10 minutes Stretch	Jog 5 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch	Jog 5 minutes Stretch Jog 10 minutes Stretch	Jog 5 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 Minutes Stretch RUN 2.5 MILES Stretch	over the weekend:
23	24	25	26	27	28	29
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 5 minutes Stretch Jog 15 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch	Jog 5 minutes Stretch Jog 15 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 Minutes Stretch RUN 3 MILES Stretch	over the weekend:
30	31	1	2	3	4	5
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 15 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 45 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 15 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 Minutes Stretch RUN 3.5 MILES Stretch	over the weekend:

February

Beginners_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 20 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 45 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 20 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4 MILES Stretch	over the weekend:
13	14	15	16	17	18	19
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 20 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 20 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 3.5 MILES Stretch	over the weekend:
20	21	22	23	24	25	26
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 25 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 25 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4 MILES Stretch	over the weekend:
27	28	1	2	3	4	5
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 25 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 75 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 25 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4 MILES Stretch	over the weekend:

March

Beginners_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 30 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 75 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 30 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4.5 MILES Stretch	over the weekend:
13	14	15	16	17	18	19
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 30 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 90 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 30 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4.5 MILES Stretch	over the weekend:
20	21	22	23	24	25	26
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 35 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 90 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 35 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4 MILES Stretch	over the weekend:
27	28	29	30	31	1	2
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 35 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 105 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 35 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4.5 MILES Stretch	over the weekend:

April

Beginners_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 40 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 105 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 40 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4.5 MILES Stretch	over the weekend:
10	11	12	13	14	15	16
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 40 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 120 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 40 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 5 MILES Stretch	over the weekend:
17	18	19	20	21	22	23
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 30 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20 minute jog Stretch	1 mile W/U 6 X 20 second Stride Outs 1 mile C/D Stretch	BAY COLLEGE CAMPUS 5K!!!!	Jog 10 minutes Stretch 20 minute jog Stretch
24	25	26	27	28	29	30
Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 40 minutes Stretch	Jog 10 minutes Stretch Do the core exercises for 120 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch Jog 40 minutes Stretch	Jog 10 minutes Stretch LIFT Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 5 MILES Stretch	over the weekend:

STRETCH / ICE AS NEEDED

- * ARM CIRCLES
- * ACROSS SHOULDERS
- * OVERHEAD
- * STANDING QUAD R/L
- * SEATED HAM R/L
- * BUTTERFLY
- * ADDUCTOR
- * RIGHT SIDE & LEFT SIDE
- * BACK STRETCH W/ NOSE TO TOES
- * BUTT STRETCH
- * SEAL
- * CALF STRETCH R/L
- * HIP FLEXOR
- * REACH FOR EACH TOE

COREWORK (START WITH 30 SECONDS & ADD 15 SECONDS EVERY 2 WKS)

- *RUSSIAN TWISTS
- *LEG RAISES
- *PLANK
- *PUSH UPS
- *SIDE PLANK
- *CRUNCHES (FEET ON THE FLOOR)
- *DYNAMIC PLANK
- *CRUNCHES (FEET IN THE AIR)
- *BICYCLES
- *KILLERS
- *SUPERMAN
- *SUPER UPS

*For any questions concerning this workout plan and for lifting ideas please feel free to contact me at:

OFFICE—906-217-4186

CELL-----906-280-5076

EMAIL-----jim.murtha@baycollege.edu

Thank you & good luck!

Jim Murtha

January

Intermediate_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	10	11	12	13	14	15
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 5 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch		Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4 MILES Jog 5 minutes Stretch	over the weekend:
16	17	18	19	20	21	22
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch		Jog 5 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 4.5 MILES Stretch	over the weekend:
23	24	25	26	27	28	29
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch		Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 5 MILES Stretch	over the weekend:
30	31	1	2	3	4	5
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Mix in some strides Stretch	Jog 10 minutes Stretch Do the core exercises for 45 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 5.5 MILES Stretch	over the weekend:

February

Intermediate_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 2 mile Tempo run 1 mile C/D	Jog 10 minutes Stretch Do the core exercises for 45 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 5 MILES Stretch	over the weekend:
13	14	15	16	17	18	19
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 4 X 400M repeats W/ 400M recover jog 1 mile C/D	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 5.5 MILES Stretch	over the weekend:
20	21	22	23	24	25	26
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 20 minute Tempo run 1 mile C/D	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 6 MILES Stretch	over the weekend:
27	28	1	2	3	4	5
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 3 X 1 mile repeats W/5 min jog recover 1 mile C/D	Jog 10 minutes Stretch Do the core exercises for 75 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 6.5 MILES Stretch	over the weekend:

March

Intermediate_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 5 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 75 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 6 MILES Stretch	over the weekend:
13	14	15	16	17	18	19
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 3 mile Tempo run 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 90 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 6.5 MILES Stretch	over the weekend:
20	21	22	23	24	25	26
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 6 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 90 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch \$UN 7 MILES Stretch	over the weekend:
27	28	29	30	31	1	2
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 3 min hard, 3 min easy 2 min hard, 2 min easy 1 min hard, 1 min easy Repeat 2 more X 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 105 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 7.5 MILES Stretch	over the weekend:

April

Intermediate_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 7 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 105 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 7 MILES Stretch	over the weekend:
10	11	12	13	14	15	16
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 3 X 1 mile repeats W/ 5 min recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 120 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 7.5 MILES Stretch	over the weekend:
17	18	19	20	21	22	23
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 20 minute Tempo run 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20 minute jog Stretch	1 mile W/U 8 X 20 second Stride Outs 1 mile C/D Stretch	BAY COLLEGE CAMPUS 5K!!!!	Jog 10 minutes Stretch 20 minute jog Stretch
24	25	26	27	28	29	30
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 8 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 120 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Long run sometime Jog 5 minutes Stretch RUN 8 MILES Stretch	over the weekend:

STRETCH / ICE AS NEEDED

- * ARM CIRCLES
- * STANDING QUAD R/L
- * SEATED HAM R/L
- * BUTTERFLY
- * ACROSS SHOULDERS
- * OVERHEAD
- * ADDUCTOR
- * BACK STRETCH W/ NOSE TO TOES
- * BUTT STRETCH
- * SEAL
- * CALF STRETCH R/L
- * HIP FLEXOR
- * REACH FOR EACH TOE
- * RIGHT SIDE & LEFT SIDE

COREWORK (START WITH 30 SECONDS & ADD 15 SECONDS EVERY 2 WKS)

- *BURPEES
- *WALLSITS
- *JUMPING LUNGES
- *RUSSIAN TWISTS
- *PLANK
- *SIDE PLANK
- *DYNAMIC PLANK
- *BICYCLES
- *SUPERMAN
- *JUMPING JACKS
- *ICE SKATERS
- *LEG RAISES
- *PUSH UPS
- *CRUNCHES (FEET ON THE FLOOR)
- *CRUNCHES (FEET IN THE AIR)
- *KILLERS
- *SUPER UPS

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Thank you & good luck!

Jim Murtha

January

Advanced_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	10	11	12	13	14	15
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch		Jog 10 minutes Stretch Lift Jog 10 minutes Stretch		LONG RUN: 4 MILES Stretch/Ice
16	17	18	19	20	21	22
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch		Jog 10 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch		LONG RUN: 4 MILES Stretch/Ice
23	24	25	26	27	28	29
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Do the core exercises for 30 seconds each Jog 10 minutes Stretch		Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 30 minute jog W/ 30 second strides 1 mile C/D Stretch	LONG RUN: 5 MILES Stretch/Ice
30	31	1	2	3	4	5
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Mix in some strides Stretch	Jog 10 minutes Stretch Do the core exercises for 45 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 3 miles 1 mile C/D Stretch	LONG RUN: 5 MILES Stretch/Ice

February

Advanced_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 2 mile Tempo run 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 45 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 3 miles 1 mile C/D Stretch	LONG RUN: 6 MILES Stretch/Ice
13	14	15	16	17	18	19
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 4-6 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 3.5 miles 1 mile C/D Stretch	LONG RUN: 6 MILES Stretch/Ice
20	21	22	23	24	25	26
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 20 minute Tempo run 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 3.5 miles 1 mile C/D Stretch	LONG RUN: 7 MILES Stretch/Ice
27	28	1	2	3	4	5
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 3 X 1 mile repeats W/5 min jog recovery 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 75 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 4 miles 1 mile C/D Stretch	LONG RUN: 7 MILES Stretch/Ice

March

Advanced_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 6 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 75 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 4 miles 1 mile C/D Stretch	LONG RUN: 8 MILES Stretch/Ice
13	14	15	16	17	18	19
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 3 mile Tempo run 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 90 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 4.5 miles 1 mile C/D Stretch	LONG RUN: 8 MILES Stretch/Ice
20	21	22	23	24	25	26
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 6-8 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 90 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 4.5 miles 1 mile C/D Stretch	LONG RUN: 9 MILES Stretch/Ice
27	28	29	30	31	1	2
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 1600-800-400 400-200-200 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 105 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 5 miles 1 mile C/D Stretch	LONG RUN: 9 MILES Stretch/Ice

April

Advanced_Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 8 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 105 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 5 miles 1 mile C/D Stretch	LONG RUN: 10 MILES Stretch/Ice
10	11	12	13	14	15	16
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 3 X 1 mile repeats W/ 5 min recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 120 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 3 miles 1 mile C/D Stretch	LONG RUN: 1 HOUR Stretch/Ice
17	18	19	20	21	22	23
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 20 minute Tempo run 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 60 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20 minute jog Stretch	1 mile W/U 8 X 20 second Stride Outs 1 mile C/D Stretch	BAY COLLEGE CAMPUS 5K!!!!	Jog 10 minutes Stretch 20 minute jog Stretch/Ice
24	25	26	27	28	29	30
Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U 8-10 X 400M repeats W/ 400M recover jog 1 mile C/D Stretch	Jog 10 minutes Stretch Do the core exercises for 120 seconds each Jog 10 minutes Stretch	Jog 10 minutes Stretch 20-30 minute jog Stretch	Jog 10 minutes Stretch Lift Jog 10 minutes Stretch	1 mile W/U HR pickups for 5 miles 1 mile C/D Stretch	LONG RUN: 8 MILES Stretch/Ice

STRETCH / ICE AS NEEDED

- * ARM CIRCLES
- * STANDING QUAD R/L
- * SEATED HAM R/L
- * BUTTERFLY
- * ADDUCTOR
- * SEAL
- * CALF STRETCH R/L
- * HIP FLEXOR
- * REACH FOR EACH TOE
- * ACROSS SHOULDERS
- * RIGHT SIDE & LEFT SIDE
- * BACK STRETCH W/ NOSE TO TOES
- * BUTT STRETCH
- * CALF STRETCH R/L
- * HIP FLEXOR
- * REACH FOR EACH TOE
- * OVERHEAD

COREWORK (START WITH 30 SECONDS & ADD 15 SECONDS EVERY 2 WKS)

- *BURPEES
- *WALLSITS
- *JUMPING LUNGES
- *RUSSIAN TWISTS
- *PLANK
- *SIDE PLANK
- *DYNAMIC PLANK
- *BICYCLES
- *SUPERMAN
- *JUMPING JACKS
- *ICE SKATERS
- *LEG RAISES
- *PUSH UPS
- *CRUNCHES (FEET ON THE FLOOR)
- *CRUNCHES (FEET IN THE AIR)
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