



RED, WHITE & BOOM!
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SUMMIT BREWING CO.

TRAINING PLAN

by Chris Lundstrom

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1 May 23 - 29	REST!	15 min of 1 min run/ 1 min walk	REST or 30 minute cross train	15 min of 2 min run/ 1 min walk	Core work and 20 minute cross train	10 minute easy run	20 min of 2 min run/ 1 min walk	PICKUPS fast but controlled running with 1 min easy jog between
2 May 30 - June 5	REST!	15 minute easy run	REST or 30 minute cross train	20 minute easy run	Core work and 20 minute cross train	15 minute easy run	24 min run with 2 x 5 min tempo	TEMPO moderately hard effort. Take short recovery (1-2 minutes) between intervals
3 June 6 - 12	REST!	20 minute easy run	REST or 30 minute cross train	20 min run with 6 x 30 sec pickups	Core work and 20 minute cross train	20 minute easy run	28 min run with 3 x 4 min tempo	CORE planks, crunches, back extensions, bird dogs, lateral leg raise (or substitute any exercise for the hips, back, and abs)
4 June 13 - 19	REST!	25 minute easy run	REST or 30 minute cross train	20 min run with 8 x 30 sec pickups	Core work and 20 minute cross train	20 minute easy run	32 min run with 3 x 5 min tempo	CHRIS LUNDSTROM is the Head Coach of Minnesota Distance Elite. He was a three-time Olympic Marathon Trials qualifier and has a Ph.D. in kinesiology
5 June 20 - 26	REST!	25 minute easy run	REST or 30 minute cross train	20 min run with 8 x 45 sec pickups	Core work and 20 minute cross train	20 minute easy run	35 min run with 2 x 10 min tempo	
6 June 27 - July 3	REST	25 minute easy run	REST or 30 minute cross train	25 min run with 8 x 1 min pickups	Core work and 20 minute cross train	20 minute easy run	REST or 10 minute easy run	
7 July 4!	RED, WHITE & BOOM! PRESENTED BY SUMMIT BREWING CO.							



TWIN CITIES IN MOTION