

4-WEEK STROLLER RUNNING PLAN: WEEK ONE

MON	TUES	WEDS	THURS	FRIDAY	SAT	SUN
Walk/Run 30 minutes: 3 minutes run, 2 min walk	Mobility/OFF	Walk/Run 30 minutes: 3 min run, 3 min walk	Mobility/OFF	40 minute walk/run: 5 min walk, 2 min hard run	Mobility/OFF	Solo Day! Test 5k time
4 min run, 2 min walk		4 min run, 3 min walk		Repeat 5 times		OR Run/walk 30 minutes
5 min run, 2 min walk		5 min run, 3 min walk		5 minute cool down		(NO STROLLER TODAY)
6 min run		9 min easy cool down				
6 min easy cool down						

4-WEEK STROLLER RUNNING PLAN: WEEK TWO

MON	TUES	WEDS	THURS	FRIDAY	SAT	SUN
Mobility/OFF	Walk/Run 30 minutes: 3 minutes run, 2 min walk	Optional strength workout 15 minutes solo run	Mobility/OFF	40 minute walk/run: 5 min walk, 2 min hard run	Mobility/OFF	Solo Day! Run 35 minutes at moderate pace
	4 min run, 2 min walk			Repeat 5 times		
	5 min run, 2 min walk			5 minute cool down		
	6 min run					
	6 min easy cool down					

4-WEEK STROLLER RUNNING PLAN: WEEK THREE

MON	TUES	WEDS	THURS	FRIDAY	SAT	SUN
Easy 40 minute: 4 min run, 3 min walk	Mobility/OFF	40 minute walk/run: 5 min walk, 2 min hard run	Mobility/OFF	40 minutes: 4 min run, 4 min walk	Mobility/OFF	Solo Day! Run 40 minutes at moderate pace
5 min run, 3 min walk		Repeat 5 times		5 min run, 4 min walk		
6 min run, 3 min walk		5 minute cool down		6 min run, 4 min walk		
8 min run				7 min run, 6 min walk		
8 min cool down						

4-WEEK STROLLER RUNNING PLAN: WEEK FOUR

MON	TUES	WEDS	THURS	FRIDAY	SAT	SUN
Mobility/OFF	Easy 40 minute: 4 min run, 3 min walk	Mobility/OFF	Optional strength workout 20 minute easy solo	40 minutes: 5 min run, 3 min walk	Mobility/OFF	Solo Day! Test 5K Time
	5 min run, 3 min walk			6 min run, 3 min walk		
	6 min run, 3 min walk			7 min run, 3 min walk		
	8 min run			8 min run, 5 min walk		
	8 min cool down					