



Mighty Milers 2021 Beginner 5K Training Plan



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVE RECOVERY	MOTIVATION RECOVERY	BASERUN	ACTIVE RECOVERY	BASERUN	RECOVERY	LONGRUN
JULY 18 STRENGTH WORKOUT CLICK FOR VIDEO	JULY 19 REST	JULY 20 1 MILE RUN 3 MIN WALK 30 SEC	JULY 21 STRENGTH WORKOUT CLICK FOR VIDEO	JULY 22 1 MILE RUN 1 MIN WALK 1 MIN	JULY 23 REST	JULY 24 2 MILES RUN 5 MIN WALK 1 MIN
JULY 25 STRENGTH WORKOUT CLICK FOR VIDEO	JULY 26 REST	JULY 27 2 MILES RUN 4 MIN WALK 30 SEC	JULY 28 STRENGTH WORKOUT CLICK FOR VIDEO	JULY 29 1.5 MILE RUN 1 MIN WALK 1 MIN	JULY 30 REST	JULY 31 2 MILES RUN 1 MIN WALK 1 MIN
AUGUST 1 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 2 REST	AUGUST 3 2 MILE RUN 5 MIN WALK 30 SEC	AUGUST 4 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 5 1.5 MILE + 4 STRIDES RUN 2 MIN WALK 1 MIN	AUGUST 6 REST	AUGUST 7 2.5 MILES RUN 8 MIN WALK 30 SEC
AUGUST 8 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 9 REST	AUGUST 10 2.5 MILES RUN 5 MIN WALK 30 SEC	AUGUST 11 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 12 2 MILE S + 4 STRIDES RUN 2 MIN WALK 1 MIN	AUGUST 13 REST	AUGUST 14 2.5 MILES RUN AS MUCH AS POSSIBLE
AUGUST 15 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 16 REST	AUGUST 17 2.5 MILES RUN 8 MIN WALK 30 SEC	AUGUST 18 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 19 2 MILES + 4 STRIDES RUN 2 MIN WALK 1 MIN	AUGUST 20 REST	AUGUST 21 3 MILES RUN AS MUCH AS POSSIBLE
AUGUST 22 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 23 REST	AUGUST 24 2 MILES RUN 8 MIN WALK 30 SEC	AUGUST 25 STRENGTH WORKOUT CLICK FOR VIDEO	AUGUST 26 1.5 MILES + 4 STRIDES RUN 2 MIN WALK 1 MIN	AUGUST 27 REST	AUGUST 28 RACE DAY