

## Basic Fun Run Plan

Follow the A (beginner), B (intermediate) or C (advanced) plan to get total-body ready for any obstacle race. Add the tweaks recommended to tackle your specific event.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	A	REST	<b>INTERVAL RUN</b> 10 min easy 6 x (30 sec @ 1 mile race pace/ 1:30 min easy) 10 min easy	<b>EASY RUN</b> 30 Minutes	REST	<b>TEMPO RUN</b> 10 min easy 10 min @ 10K-half marathon race pace 10 min easy	REST	<b>EASY RUN</b> 35 Minutes
	B		<b>INTERVAL RUN</b> 10 min easy 8 x (30 sec @ 1 mile race pace/ 1:30 min easy) 10 min easy	<b>EASY RUN</b> 35 Minutes	<b>EASY RUN</b> 35 Minutes	<b>TEMPO RUN</b> 10 min easy 14 min @ 10K-half marathon race pace 10 min easy	REST	<b>EASY RUN</b> 40 Minutes
	C		<b>INTERVAL RUN</b> 10 min easy 10 x (30 sec @ 1 mile race pace/ 1:30 min easy) 10 min easy	<b>EASY RUN</b> 45 Minutes	<b>EASY RUN</b> 45 Minutes	<b>TEMPO RUN</b> 10 min easy 20 min @ 10K-half marathon race pace 10 min easy	<b>EASY RUN</b> 45 Minutes	<b>EASY RUN</b> 60 Minutes
Week 2	A		<b>INTERVAL RUN</b> 10 min easy 6 x (45 sec @ 1 mile race pace/ 1:15 min easy) 10 min easy	<b>EASY RUN</b> 30 Minutes	REST	<b>TEMPO RUN</b> 10 min easy 12 min @ 10K-half marathon race pace 10 min easy	REST	<b>EASY RUN</b> 40 Minutes
	B		<b>INTERVAL RUN</b> 10 min easy 8 x (45 sec @ 1 mile race pace/ 1:15 min easy) 10 min easy	<b>EASY RUN</b> 35 Minutes	<b>EASY RUN</b> 35 Minutes	<b>TEMPO RUN</b> 10 min easy 16 min @ 10K-half marathon race pace 10 min easy	REST	<b>EASY RUN</b> 45 Minutes
	C		<b>INTERVAL RUN</b> 10 min easy 10 x (45 sec @ 1 mile race pace/ 1:15 min easy) 10 min easy	<b>EASY RUN</b> 45 Minutes	<b>EASY RUN</b> 45 Minutes	<b>TEMPO RUN</b> 10 min easy 22 min @ 10K-half marathon race pace 10 min easy	<b>EASY RUN</b> 45 Minutes	<b>EASY RUN</b> 65 Minutes
Week 3	A		<b>INTERVAL RUN</b> 10 min easy 6 x (1 min @ 1 mile race pace/ 1:30 min easy) 10 min easy	<b>EASY RUN</b> 30 Minutes	REST	<b>TEMPO RUN</b> 10 min easy 14 min @ 10K-half marathon race pace 10 min easy	REST	<b>EASY RUN</b> 45 Minutes
	B		<b>INTERVAL RUN</b> 10 min easy 8 x (1 min @ 1 mile race pace/ 1:30 min easy) 10 min easy	<b>EASY RUN</b> 35 Minutes	<b>EASY RUN</b> 35 Minutes	<b>TEMPO RUN</b> 10 min easy 18 min @ 10K-half marathon race pace 10 min easy	REST	<b>EASY RUN</b> 50 Minutes
	C		<b>INTERVAL RUN</b> 10 min easy 10 x (1 min @ 1 mile race pace/ 1:30 min easy) 10 min easy	<b>EASY RUN</b> 45 Minutes	<b>EASY RUN</b> 45 Minutes	<b>TEMPO RUN</b> 10 min easy 24 min @ 10K-half marathon race pace 10 min easy	<b>EASY RUN</b> 45 Minutes	<b>EASY RUN</b> 70 Minutes