4 Days Per Week Training Plan

Race Date:

Goal Time:

Week:

Run 1:

Run 2:

Run 3:

Run 4:

Total miles:

Week:

Run 1:

Run 2:

Run 3:

Run 4:

Total miles:

Week:

Run 1:

Run 2:

Run 3:

Run 4:

Total miles:

Week:

Run 1:

Run 2:

Run 3:

Run 4:

Total miles:

📍 **Running Lifestyle**

WU: warm up | **CD**: cool down | **RP**: race pace | **ez:** easy | **x:** repeats | **M:** mile | **min:** minutes