

Winter Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Easy Run Strength	Cross-Training	Easy Run	Cross-Training	Yoga	Easy Run Strength	Rest
WEEK 2	Easy Run	Cross-Training Strength	Easy Run	Cross-Training Strength	Rest	Easy Run	Cross-Training Strength
WEEK 3	Easy Run Strength	Cross-Training	Easy Run	Cross-Training	Yoga	Easy Run Strength	Rest
WEEK 4	Easy Run	Cross-Training Strength	Easy Run	Cross-Training Strength	Rest	Easy Run	Cross-Training Strength
WEEK 5	Easy Run Strength	Cross-Training	Easy Run	Cross-Training	Yoga	Easy Run Strength	Rest
WEEK 6	Easy Run	Cross-Training Strength	Easy Run	Cross-Training Strength	Rest	Easy Run	Cross-Training Strength

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For the full training plan, visit: <http://bit.ly/1nyirwa>

Training plan by: Coach Jenny Hadfield®