

Week	Running Plan - Summer 2023
Week of June 12 -18	5 days Easy Run (20-40 min), 1 day Long Run (50 min)
Week of June 19-25	4 days Easy Run (20-40 min), 1 day Progression Run (30 min), 1 day Long Run (60 min)
Week of June 26 - July 2	4 days Easy Run (20-40 min), 1 day Fartlek run (6 x 1 min), 1 day Long Run (60 min)
Week of July 3-9	4 days Easy Run (30-50 min), 1 day Progression Run (30 min), 1 day Long Run (70 min)
Week of July 10-16	5 days Easy Run (20-40 min), 1 day Long Run (60 min)
Week of July 17-23	3 days Easy Run (30-40 min), 1 day Progression Run (30 min), 1 day Fartlek run (6 x 1 min), 1 day Long Run (70 min)
Week of July 24-30	4 days Easy Run (30-50 min), 1 day Progression Run (30 min), 1 day Long Run (70 min)
Week of July 31 - Aug 6	4 days Easy Run (30-50 min), 1 day Fartlek run (6 x 1 min), 1 day Long Run (70 min)
Week of Aug 7-13	3 days Easy Run (30-40 min), 1 day Progression Run (30 min), 1 day Fartlek run (6 x 1 min), 1 day Long Run (60 min)