Without Limits®

Week	Monday Plan	Tuesday Plan	Wednesday Plan	Thursday Plan	Friday Plan	Saturday Plan	Sunday Plan	Date
12	3 min easy pace run warm up + 3 min walk + 10 x 2 min easy run + 1 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 6 x 3 min easy run + 2 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 20 x 1 min easy pace run + 30s walk breaks in between + 4 min walk	**Day Off Rest**	5 min walk warm up + 15 x 1 min easy run with 1 min walk in between + 5 min walk cool down	9/3/23
11	3 min easy pace run warm up + 3 min walk + 10 x 2 min easy run + 1 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 6 x 3 min easy run + 2 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 20 x 1 min easy pace run + 30s walk breaks in between + 4 min walk	**Day Off Rest**	5 min walk warm up + 15 x 1 min easy run with 1 min walk in between + 5 min walk cool down	9/10/23
10	3 min easy pace run warm up + 3 min walk + 10 x 2 min easy run + 1 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 6 x 3 min easy run + 2 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 20 x 1 min easy pace run + 30s walk breaks in between + 4 min walk	**Day Off Rest**	5 min walk warm up + 15 x 1 min easy run with 1 min walk in between + 5 min walk cool down	9/17/23
9	3 min easy pace run warm up + 3 min walk + 10 x 2 min easy run + 1 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 6 x 3 min easy run + 2 min walk breaks in between + 4 min walk cool down	Free Day to Cross Train or Strength	3 min easy pace run warm up + 3 min walk + 20 x 1 min easy pace run + 30s walk breaks in between + 4 min walk	**Day Off Rest**	5 min walk warm up + 15 x 1 min easy run with 1 min walk in between + 5 min walk cool down	9/24/23
8	**10 min easy pace run + 3 min walk + 10 minutes easy pace run + 3 min walk + 10 minutes easy pace run + 4 min walk cool down**	Free Day to Cross Train or Strength	2 min walk + 4 x 8 minutes easy pace run + 1 min walk in between + 2 min walk cool down	Free Day to Cross Train or Strength	5 min walk warm up + 20 minutes easy pace run without stopping + 5 min walk + 10 minutes easy pace run without stopping + 5 min walk cool down	**Day Off Rest**	5 min walk warm up + 20 x 1 min easy run with 1 min walk in between + 5 min walk cool down	10/1/23
7	**10 min easy pace run + 3 min walk + 10 minutes easy pace run + 3 min walk + 10 minutes easy pace run + 4 min walk cool down**	Free Day to Cross Train or Strength	2 min walk + 4 x 8 minutes easy pace run + 1 min walk in between + 2 min walk cool down	Free Day to Cross Train or Strength	5 min walk warm up + 20 minutes easy pace run without stopping + 5 min walk + 10 minutes easy pace run without stopping + 5 min walk cool down	**Day Off Rest**	5 min walk warm up + 20 x 1 min easy run with 1 min walk in between + 5 min walk cool down	10/8/23
6	**10 min easy pace run + 3 min walk + 10 minutes easy pace run + 3 min walk + 10 minutes easy pace run + 4 min walk cool down**	Free Day to Cross Train or Strength	2 min walk + 4 x 8 minutes easy pace run + 1 min walk in between + 2 min walk cool down	Free Day to Cross Train or Strength	5 min walk warm up + 20 minutes easy pace run without stopping + 5 min walk + 10 minutes easy pace run without stopping + 5 min walk cool down	**Day Off Rest**	5 min walk warm up + 20 x 1 min easy run with 1 min walk in between + 5 min walk cool down	10/15/23
5	**10 min easy pace run + 3 min walk + 10 minutes easy pace run + 3 min walk + 10 minutes easy pace run + 4 min walk cool down**	Free Day to Cross Train or Strength	2 min walk + 4 x 8 minutes easy pace run + 1 min walk in between + 2 min walk cool down	Free Day to Cross Train or Strength	5 min walk warm up + 20 minutes easy pace run without stopping + 5 min walk + 10 minutes easy pace run without stopping + 5 min walk cool down	**Day Off Rest**	5 min walk warm up + 20 x 1 min easy run with 1 min walk in between + 5 min walk cool down	10/22/23
4	**30 minutes easy pace run + 6 strides + 5 min walk**	Free Day to Cross Train or Strength	10 minutes easy pace run + 4 strides + 10 minutes easy pace run + 4 strides + 10 minutes easy pace run	Free Day to Cross Train or Strength	45 minute walk	**Day Off Rest**	**40 minutes easy pace run**	10/29/23
3	**30 minutes easy pace run + 6 strides + 5 min walk**	Free Day to Cross Train or Strength	10 minutes easy pace run + 4 strides + 10 minutes easy pace run + 4 strides + 10 minutes easy pace run	Free Day to Cross Train or Strength	45 minute walk	**Day Off Rest**	50 minute easy pace run	11/5/23
2	**30 minutes easy pace run + 6 strides + 5 min walk**	Free Day to Cross Train or Strength	10 minutes easy pace run + 4 strides + 10 minutes easy pace run + 4 strides + 10 minutes easy pace run	Free Day to Cross Train or Strength	45 minute walk	**Day Off Rest**	50 minute easy pace run	11/12/23
1	**30 minutes easy pace run + 6 strides + 5 min walk**		15 minutes easy run + 3 strides	**Trees Upstate 5K**				11/23/23