

Month 2

Beginner

<i>DAY 1</i>	<i>DAY 2</i>	<i>DAY 3</i>	<i>DAY 4</i>	<i>DAY 5</i>	<i>DAY 6</i>	<i>DAY 7</i>
Run 40 min @ TTP	TT volume 2 Run time = 31 min (Complete Sections 1, 2, 3, half of 4)	Walk 30 min	TT volume 2 Run time = 31 min (Complete Sections 1, 2, 3, half of 4)	Run 40 min @ TTP	OFF	RUN 4 miles (6.4 km)
Walk 30 min	TT volume 2 Run time = 38 min (Complete Sections 1, 2, 3, 4)	Run 45 min @ TTP	TT volume 2 Run time = 38 min (Complete Sections 1, 2, 3, 4)	Run 45 min @ TTP	OFF	RUN 4.5 miles (7.2 km)
OFF	TT volume 2 Run time = 45 min (Complete full workout)	Run 50 min @ TTP	TT volume 2 Run time = 45 min (Complete full workout)	Run 50 min @ TTP	Walk 30 min	RUN 5 miles (8 km)
Walk 30 min	TT volume 3 Run time = 47 min (Complete full workout)	Run 60 min @ TTP	TT volume 3 Run time = 47 min (Complete full workout)	Walk 30 min	OFF	RUN 6 mile (9.6 km)