



8-Week Girls On The Run 5K Fun Training Plan

SEPTEMBER 2020						
SUN	MON	TUE	WED	THUR	FRI	SAT
6	7 8 week countdown begins!	8 Run 2 min/ Walk 1 min x 7 21 min total	9 Strength training workout #1	10 Run 2 min/ walk 1 min x 8 24 min total	11 Rest or Cross Train	12 Run 3 min/ walk 1 min x 6 24 min total
13 Strength training workout #2	14 REST	15 Run 3 min/ Walk 1 min x7 28 min total	16 Strength training workout #1	17 Run 4 min/ Walk 1 min x 5 25 min total	18 Rest or Cross Train	19 Run 5 min/ Walk 1 min x 5 30 min total
20 Strength training workout #2	21 REST	22 Run 6 min/ Walk 1 min x4 28 min total	23 Strength training workout #1	24 Run 7 min/ Walk 1 min x 5 32 min total	25 Rest or Cross Train	26 Run 8 min/ Walk 30 sec x 4 34 min total
27 Strength training workout #2	28 REST	29 Run 9 min/ walk 1 min x 3 30 min total	30 Strength training workout #1			
OCTOBER 2020						
				1 Run 10 min/ Walk 1 min x 4 33 min total	2 Rest or Cross Train	3 Run 12 min/ walk 1 min/run 12 min (25min)
4 Strength training workout #1	5 REST	6 Run 14 min/ walk 1/run 10 31 min total	7 Strength training workout #2	8 Run 16 min/ walk 1/ run 16 33 min total	9 Rest or Cross Train	10 Run 18 min/ walk 1/ run 16 35 min total
11 Strength training workout #1	12 REST	13 Run 20 min/ walk 1/run 10 31 min total	14 Strength training workout #2	15 Run 22 min/ walk 1/run 10 33 min total	16 Rest or Cross Train	17 Run 24 min/ walk 1/run 10 35 min total
18 Strength training workout #1	19 REST	20 Run 26 minutes	21 Strength training workout #2	22 Run 28 minutes	23 Rest or cross Train	24 run 30 minutes
25 Strength training workout #1	26 REST	27 Run 30 minutes	28 Strength training workout #2	29 Run 30 minutes	30 Rest	31 GOTR 5K FUN! Race Day!

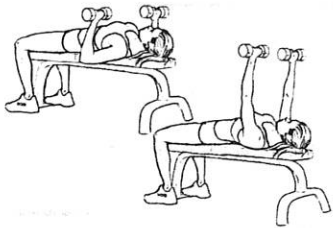
Circuit #1



STRENGTH TRAINING WORKOUT #2

Go through the exercises in each mini-circuit 3 times and then move on to the next mini-circuit. (Nautilus machines are numbered in the weight room.)

Circuit #2



Circuit #1

Mountain climbers on Bosu ball

Nautilus (# 1) Leg Press

Nautilus (#7) Mid Row

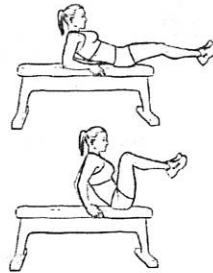
Circuit #2

Dumbbell bench press

Lat pull down

Nautilus (#3) Leg Curl

Circuit #3



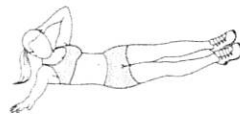
Circuit #3

Nautilus (#8) Overhead Press

Dumbbell Forward Lunges

Bench Tuck and Extend

Circuit #4



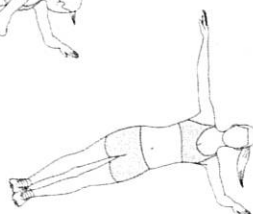
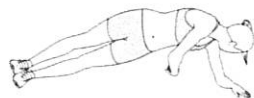
Circuit #4

One Leg Rotational Dead Lift (Do both sides each time through)

Oblique crunches (Do both sides each time through)

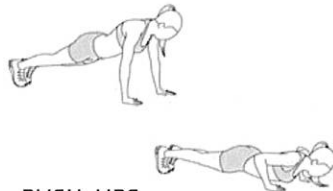
Nautilus (#13) Low Back Extension

Rotating Side Plank (Do both sides each time through)

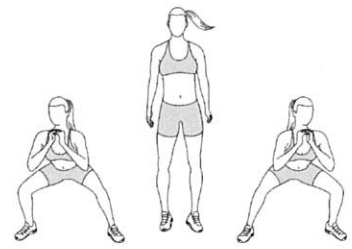




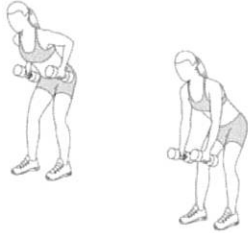
SQUAT PRESS



PUSH-UPS



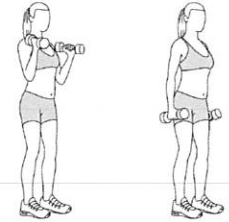
KETTLE BELL SIDE SQUAT



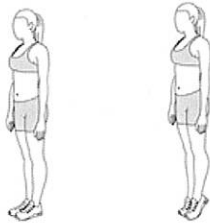
BENT OVER ROW



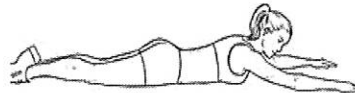
DB TRICEP SKULL CRUSHER



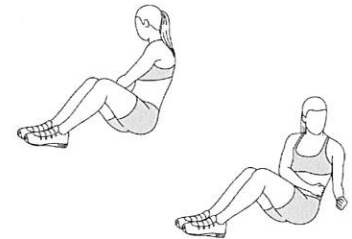
DB BICEP HAMMER CURL



CALF RAISES



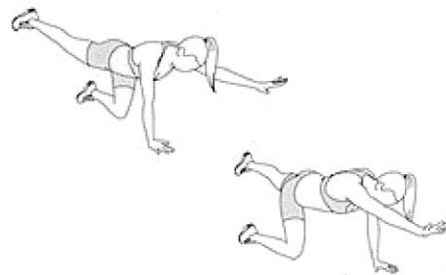
PRONE SUPERMANS



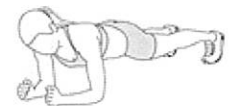
RUSSIAN TWIST

STRENGTH TRAINING/ CORE WORKOUT #1

- 1- SQUAT PRESS
- 2- PUSH-UPS
- 3- KETTLE BELL SIDE SQUATS (ALTERNATE SIDES)
- 4- BENT OVER ROW
- 5- DUMBBELL TRICEP SKULL CRUSHERS
- 6- DUMBBELL BICEP HAMMER CURLS
- 7- CALF RAISES
- 8- PRONE SUPERMANS
- 9- RUSSIAN TWIST
- 10- BIRD DOGS (ALTERNATE SIDES)
- 11- HOVER PLANK



BIRD DOGS



HOVER PLANK

Perform each of the exercises, in order, for 30 seconds, doing as many repetitions (in good form) as you are able. Take a 15 second rest in between exercises. Repeat the list twice more for a total of 3 times through the circuit.