

## Love Run Training Program: Novice 7K - Created by CoreFitness

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<b>Week 1</b>	Rest <input type="checkbox"/>		Walk/Run 1 mile <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Walk/Run 1 mile <input type="checkbox"/>		Rest <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Walk/Run 2 miles <input type="checkbox"/>
<b>Week 2</b>	Rest <input type="checkbox"/>		Walk/Run 1 mile <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Walk/Run 1 mile <input type="checkbox"/>		Rest <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Walk/Run 2 miles <input type="checkbox"/>
<b>Week 3</b>	Rest <input type="checkbox"/>		Walk/Run 1 mile <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Run 1 mile <input type="checkbox"/>		Rest <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Walk/Run 2 miles <input type="checkbox"/>
<b>Week 4</b>	Rest Day or Yoga <input type="checkbox"/>		Run 1 mile <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Walk/Run 2 miles <input type="checkbox"/>		Rest <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>
<b>Week 5</b>	Rest Day or Yoga <input type="checkbox"/>		Run 1 mile <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Rest <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>
<b>Week 6</b>	Rest Day or Yoga <input type="checkbox"/>		Run 1 mile <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Rest <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Walk/Run 3 miles <input type="checkbox"/>
<b>Week 7</b>	Rest Day or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Rest or Run 1 mile <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Run 3 miles <input type="checkbox"/>
<b>Week 8</b>	Rest Day or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Rest or Run 1 mile <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Run 4 miles <input type="checkbox"/>
<b>Week 9</b>	Rest Day or Yoga <input type="checkbox"/>		Run 1 mile <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Rest or Run 1 Miles <input type="checkbox"/>		Cross Train <input type="checkbox"/>		Run 3 miles <input type="checkbox"/>
<b>Week 10</b>	Rest Day or Yoga <input type="checkbox"/>		Run 1 Miles <input type="checkbox"/>		Core Strength or Yoga <input type="checkbox"/>		Run 2 miles <input type="checkbox"/>		Rest or Run 1 mile <input type="checkbox"/>		Cross Train <input type="checkbox"/>		RACE DAY!! <input type="checkbox"/>

**\*\*If you're just starting a running program, your first 2-3 weeks of running each specified distance should be a combination of walking + running\*\***  
 Start with running for 2 minutes, walking for 1 minute. Increasing the amount of running time and decreasing the amount of walking time to your target distance

- Monday:** rest or gentle stretch/yoga
- Tuesday:** easy pace, comfortable run
- Wednesday:** core strengthening (pilates, barre, gym or home workout, power yoga)
- Thursday:** faster paced run, incorporate hills or sprints
- Friday:** rest or easy run
- Saturday:** cross training/full body workout (HIIT, TRX, Spin, Boot Camp)
- Sunday:** long run

This is a flexible training plan that can be adjusted to match your schedule. Trade days and switch workouts as needed. Need more guidance? Contact us at [gina@core-fit.com](mailto:gina@core-fit.com) to schedule a session with a run coach.

- \*PHILLY RUNS FREE SPECIAL OFFERS (valid through March 29th, 2020)**  
 Special Perks for runners who are registered for the Love Run *and* participating in Philly Runs Free:
- [CoreFitness](#) 2 free Boot Camp classes
  - [LRK Nutrition](#) 15% off initial one-on-one session
  - [Phila Massages](#) 15% off regular rate sessions or memberships
  - [Yoga Habit](#): 20% off 10 class packages

For more info about Philly Runs Free visit [www.phillyrunsfree.com](http://www.phillyrunsfree.com)

\*consult your physician before starting any physical fitness program