

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	Workout 1 + 2.5mi run	3mi run	35min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	4mi run
<b>WEEK 2</b>	Workout 1 + 2.5mi run	3.5mi run	8 x 400 5K pace	Workout 2 + 3mi run	Rest	60min cross	5mi run
<b>WEEK 3</b>	Workout 1 + 2.5mi run	4mi run	40min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	6mi run
<b>WEEK 4</b>	Workout 1 + 2.5mi run	4.5mi run	9 x 400 5K pace	Workout 2 + 3mi run	Rest	Rest	5K Race
<b>WEEK 5</b>	Workout 3 + 3mi run	5mi run	45min tempo run	Workout 4 + 4mi run	Rest	60min cross	6mi run
<b>WEEK 6</b>	Workout 3 + 3mi run	5.5mi run	10 x 400 5K pace	Workout 4 + 2.5mi run	Rest	60min cross	7mi run
<b>WEEK 7</b>	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	60min cross	8mi run
<b>WEEK 8</b>	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	Rest	10K Race

# Balanced Fitneb Workout Program

**Emilie Sanchez**



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