

MOVERS

Saturday Training Schedule | February 7 - April 18

MON	TUES	WED	THURS	FRI	SAT	SUN
					1 (CP) ⁷	AR or R ⁸
1 (CP) ⁹	R or X ¹⁰	1.5 (CP) ¹¹	X or 20 Min(CP) ¹²	R ¹³	2 (CP) ¹⁴	AR or R ¹⁵
1.5 (CP) ¹⁶	R or X ¹⁷	2 (CP) ¹⁸	X or 30 Min (TW) ¹⁹	R ²⁰	3 (CP) ²¹	AR or R ²²
2 (CP) ²³	R or X ²⁴	2.5 (CP) ²⁵	X or 30 Min (TW) ²⁶	R ²⁷	3.5 (CP) ²⁸	AR or R ¹
2.5 (CP) ²	R or X ³	3 (CP) ⁴	X or 35 Min (TW) ⁵	R ⁶	4 (CP) ⁷	AR or R ⁸
2.5 (CP) ⁹	R or X ¹⁰	3 (CP) ¹¹	X or 35 Min (TW) ¹²	R ¹³	4.5 (CP) ¹⁴	AR or R ¹⁵
3 (CP) ¹⁶	R or X ¹⁷	3.5 (CP) ¹⁸	X or 40 Min (TW) ¹⁹	R ²⁰	5 (CP) ²¹	AR or R ²²
3 (CP) ²³	R or X ²⁴	4 (CP) ²⁵	X or 45 Min (TW) ²⁶	R ²⁷	5.5 (CP) ²⁸	AR or R ²⁹
3 (CP) ³⁰	R or X ³¹	4 (CP) ¹	X or 40 Min (TW) ²	R ³	6 (CP) ⁴	AR or R ⁵
3 (CP) ⁶	R or X ⁷	3 (CP) ⁸	X or 35 Min (TW) ⁹	R ¹⁰	4 (CP) ¹¹	AR or R ¹²
2 (CP) ¹³	R ¹⁴	30 Min Easy ¹⁵	30 Min Easy ¹⁶	R ¹⁷	6.2 Miles Race Day ¹⁸	AR or R ¹⁹

FEBRUARY

MARCH

APRIL

Legend

CP - Conversational Pace TW - Tempo Workout X - Cross Training
AR - Active Recovery R - Rest Day

* For those at the beginning of their fitness journey, if there's an 'or' follow the first workout listed

Optional Race: March 7 [Virginia Credit Union River City Half & River City 5K](#)

MOVERS

Sunday Training Schedule | February 7 - April 18

MON	TUES	WED	THURS	FRI	SAT	SUN
					R ⁷	1 (CP) ⁸
R or AR ⁹	1 (CP) ¹⁰	R or X ¹¹	1.5 (CP) ¹²	X or 20 Min (CP) ¹³	R ¹⁴	2 (CP) ¹⁵
R or AR ¹⁶	1.5 (CP) ¹⁷	R or X ¹⁸	2 (CP) ¹⁹	X or 30 Min (TW) ²⁰	R ²¹	3 (CP) ²²
R or AR ²³	2 (CP) ²⁴	R or X ²⁵	2.5 (CP) ²⁶	X or 30 Min (TW) ²⁷	R ²⁸	3.5 (CP) ¹
R or AR ²	2.5 (CP) ³	R or X ⁴	3 (CP) ⁵	X or 35 Min (TW) ⁶	R ⁷	4 (CP) ⁸
R or AR ⁹	2.5 (CP) ¹⁰	R or X ¹¹	3 (CP) ¹²	X or 35 Min (TW) ¹³	R ¹⁴	4.5 (CP) ¹⁵
R or AR ¹⁶	3 (CP) ¹⁷	R or X ¹⁸	3.5 (CP) ¹⁹	X or 40 Min (TW) ²⁰	R ²¹	5 (CP) ²²
R or AR ²³	3 (CP) ²⁴	R or X ²⁵	4 (CP) ²⁶	X or 45 Min (TW) ²⁷	R ²⁸	5.5 (CP) ²⁹
R or AR ³⁰	3 (CP) ³¹	R or X ¹	4 (CP) ²	X or 40 Min (TW) ³	R ⁴	6 (CP) ⁵
R or AR ⁶	3 (CP) ⁷	R or X ⁸	3 (CP) ⁹	X or 35 Min (TW) ¹⁰	R ¹¹	4 (CP) ¹²
R or AR ¹³	2 (CP) ¹⁴	R ¹⁵	30 Min EASY ¹⁶	R ¹⁷	6.2 Miles Race Day ¹⁸	AR or R ¹⁹

FEBRUARY

MARCH

APRIL

Legend

CP - Conversational Pace TW - Tempo Workout X - Cross Training
AR - Active Recovery R - Rest Day

* For those at the beginning of their fitness journey, if there's an 'or' follow the first workout listed

Optional Race: March 7 [Virginia Credit Union River City Half & River City 5K](#)