

SHAKERS

Saturday Training Schedule | February 7 - April 18

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

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

SHAKERS

Sunday Training Schedule | February 7 - April 18

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

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