



# ATLANTA MUSLIM RUNNING CLUB INTERMEDIATE PLAN HUNGER WALK 2018

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 - Jan 28	40 min L	XT	Fartlek	XT	30 min E	XT/30 min E	Rest
2 - Feb 4	45 min L	XT	Hills	XT	30 min E	XT/30 min E	Rest
3 - Feb 11	45 min L	XT	Track	XT	30 min E	XT/30 min E	Rest
4 - Feb 18	50 min L	XT	Fartlek	XT	30 min E	XT/30 min E	Rest
5 - Feb 25	5k RACE!						

L = long run

Go at a pace that is comfortable. You should be able to maintain a conversation with a buddy without running out of breath.

XT = cross train

Any activity that works on strength and core is great. Yoga, pilates, machines, etc.

Fartlek = Swedish word for "speed play"

Run for 30 minutes. 2 minutes easy, followed by 1 minute hard. This will be done x 10.

Track = 400 meter repeats

Find a public track or a path with a .25 mile loop or distance. Do a 1 mile warmup, 4 x 400 m at [5k goal pace](#) or faster, 1 mile cooldown.

XT/E = on this day you can do an easy run OR swim/bike/hike/etc.

Rest = no exercise on this day, besides walking