

# 2020 KBC Virtual Fingal 4 Mile 7 Week Training Plan – Week 1

MONDAY	➔	REST
TUESDAY	➔	20 Minutes
WEDNESDAY	➔	REST
THURSDAY	➔	10 Min Easy, 5 Min Tempo & 10 Min Easy
FRIDAY	➔	REST
SATURDAY	➔	20 Minutes
SUNDAY	➔	25 Minutes

# 2020 KBC Virtual Fingal 4 Mile 7 Week Training Plan – Week 2

MONDAY	➔	REST
TUESDAY	➔	25 Minutes
WEDNESDAY	➔	REST
THURSDAY	➔	7 Min Easy + 6x1 Min Tempo with 1 Min Jog Recovery (Between) + 7 Min Easy
FRIDAY	➔	REST
SATURDAY	➔	20 Minutes
SUNDAY	➔	30 Minutes

# 2020 KBC Virtual Fingal 4 Mile 7 Week Training Plan – Week 3

MONDAY	➔	REST
TUESDAY	➔	25 Minutes
WEDNESDAY	➔	REST
THURSDAY	➔	10 Min Easy, 7 Min Tempo & 10 Min Easy
FRIDAY	➔	REST
SATURDAY	➔	25 Minutes
SUNDAY	➔	30 Minutes

# 2020 KBC Virtual Fingal 4 Mile 7 Week Training Plan – Week 4

MONDAY	➔	REST
TUESDAY	➔	30 Minutes
WEDNESDAY	➔	REST
THURSDAY	➔	7 Min Easy + 4x2 Min Fast with 1 Min Jog Recovery (Between) + 7 Min Easy
FRIDAY	➔	REST
SATURDAY	➔	30 Minutes
SUNDAY	➔	35 Minutes

# 2020 KBC Virtual Fingal 4 Mile 7 Week Training Plan – Week 5

MONDAY	➔	REST
TUESDAY	➔	30 Minutes
WEDNESDAY	➔	REST
THURSDAY	➔	7 Min Easy + 2x5 Min Tempo with 3 Min Jog Recovery (Between) + 7 Min Easy
FRIDAY	➔	REST
SATURDAY	➔	35 Minutes
SUNDAY	➔	40 Minutes

# 2020 KBC Virtual Fingal 4 Mile 7 Week Training Plan – Week 6

MONDAY	➔	REST
TUESDAY	➔	35 Minutes
WEDNESDAY	➔	REST
THURSDAY	➔	7 Min Easy + 8x1 Min Fast with 1 Min Jog Recovery Between + 7 Min Easy
FRIDAY	➔	REST
SATURDAY	➔	40 Minutes
SUNDAY	➔	45 Minutes

# 2020 KBC Virtual Fingal 4 Mile 7 Week Training Plan – Week 7

MONDAY	➔	REST
TUESDAY	➔	30 Minutes
WEDNESDAY	➔	REST
THURSDAY	➔	7 Min Easy, 5 Min Tempo & 7 Min Easy
FRIDAY	➔	20 Minutes
SATURDAY	➔	REST
SUNDAY	➔	KBC Virtual Fingal 4 Mile