



Claudia Biester
NFPT Certified Trainer/RRCA Certified Running Coach
www.beastermode.com

Beginner 25k Training Plan

This training plan is designed for beginners who are tackling their first Phunt 25k! I know you are eager to get started, so just a few quick notes:

- This program assumes that you are not brand spanking new to running in general and are comfortable with running 3-5 miles 3-4 times a week. Strength training is not included, but highly encouraged.
- This is a beginner's plan and conservative on mileage. It is designed to have you running 4 days a week. To address all of your body's "gears", there's a day dedicated to speed work, 2 easy run days and, of course, the corner stone long run.
- Phunt is a trail race. Try to get at least your longer run in on similar terrain. Do not shy away from hills during your run. Who knows what the RD has in store for us this year...
- What rain?? Phunt is a winter race in the Northeast. We could have rain, snow, sleet or 75 and sunny! During your training try to get out during bad weather, so you know what to do, wear, etc. should Mother Nature throw us a curve ball – again!
- There is no one-training-plan-fits-all. Listen to your body and adjust as needed. Not sure how? Shoot me a message at claudia@beastermode.com or on www.facebook.com/beastermode. I am more than happy to give you some input!
- Before beginning any training plan, make an appointment with your doctor to make sure that you are medically cleared to undertake a goal such as this. There's no harm in that, right? So, let's be safe!
- And finally: Happy training and happy trails! See you all in January!



Claudia Biester
 NFPT Certified Trainer/RRCA Certified Running Coach
www.beastermode.com

	Mon*	Tue****	Wed	Thu	Fri	Sat	Sun**
Week 1		3 Hill Repeats***		3 Easy Run		5 Long Run	3 Easy Run
Week 2		3 Hill Repeats		3 Easy Run		6 Long Run	3 Easy Run
Week 3		3 Easy Run		4 Easy Run		7 Long Run	3 Easy Run
Week 4		4 Speed Work***		4 Easy Run		3 Easy Run	
Week 5		4 Speed Work		4 Easy Run		8 Long Run	4 Easy Run
Week 6		4 Speed Work		5 Easy Run		9 Long Run	4 Easy Run
Week 7		4 Easy Run		5 Easy Run		10 Long Run	4 Easy Run
Week 8		4 Easy Run		3 (am)/ 3 (pm)* *Hill repeats		6 Easy Run	
Week 9		4 Speed Work		6 Easy Run		10 Long Run	4 Easy Run
Week 10		4 Easy Run		3 (am) /3 (pm)* *Hill repeats		11 Long Run	4 Easy Run
Week 11		4 Speed Work		6 Easy Run		12 Long Run	4 Easy Run
Week 12		4 Easy Run		3 (am) / 3 (pm)* *Hill repeats		6 Easy Run	
Week 13		4 Speed Work		6 Easy Run		12 Long Run	4 Easy Run
Week 14		3 Easy Run		3 Easy Run		8	
Week 15	3 Easy Run	2 Easy Run			1 Easy Run	25k Race Day!	

*Listen to your body on Sundays. Ideally, you'll want to spend some time on tired legs and loosen up from your long run. If a run is not in the cards today, go for a walk and insert a light shuffle here and there.

**I would recommend at least one solid rest day a week. Having said that, rest days are also great days to add some cross training! Bike, Elliptical, Yoga – you pick. Just make sure you are getting rest too. This is when our body repairs itself and we become stronger.

***Your running background will determine your hill and speed workouts. If you need additional guidance, please reach out.

****If you are already doing strength training or plan on adding strength training into your schedule, do it on days you're already running. This way your easy and rest days stay truly easy.