

HANSONS COACHING SERVICES

4 Week Post-Race Recovery Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk
Week 2	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk	Rest, Cross-Train or Walk	20-40 Minute Easy Run	Rest, Cross-Train or Walk	20-40 Minute Easy Run	Rest, Cross-Train or Walk
Week 3	20-40 Minute Easy Run	20-40 Minute Easy Run	Rest or Cross-Train	20-40 Minute Easy Run	20-40 Minute Easy Run	Rest or Cross-Train	20-40 Minute Easy Run
Week 4	20-40 Minute Easy Run	Rest or Cross-Train	20-40 Minute Easy Run	20-40 Minute Easy Run	Rest or Cross-Train	20-40 Minute Easy Run	40-60 Minute Easy Run