

Rajkot Night Half Marathon 2.0

For 10 KM		
6-Oct	Sunday	5 KM Easy Run
7-Oct	Monday	Rest Day
8-Oct	Tuesday	30 Minutes easy run
9-Oct	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 3 repeats • Cool down, 5 to 10 minutes.
10-Oct	Thursday	Strength Session
11-Oct	Friday	4 KM Easy Run
12-Oct	Saturday	Cross Training e.g. Cycling, Swimming, Yog
13-Oct	Sunday	6 KM Easy Run
14-Oct	Monday	Rest Day
15-Oct	Tuesday	30 Minutes easy run
16-Oct	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 200 meters strides with 2 Minutes of Rest in between, 3 repeats • Cool down, 5 to 10 minutes.
17-Oct	Thursday	Strength Session
18-Oct	Friday	4 KM Easy Run
19-Oct	Saturday	Cross Training e.g. Cycling, Swimming, Yog
20-Oct	Sunday	6 KM Easy Run
21-Oct	Monday	Rest Day
22-Oct	Tuesday	30 Minutes easy run
23-Oct	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 200 meters strides with 2 Minutes of Rest in between, 3 repeats • Cool down, 5 to 10 minutes.
24-Oct	Thursday	Strength Session
25-Oct	Friday	4 KM Easy Run
26-Oct	Saturday	Cross Training e.g. Cycling, Swimming, Yog
27-Oct	Sunday	6 KM Easy Run
28-Oct	Monday	Rest Day
29-Oct	Tuesday	30 Minutes easy run
30-Oct	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 3 repeats • Cool down, 5 to 10 minutes.
31-Oct	Thursday	Strength Session

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For 10 KM		
1-Nov	Friday	5 KM Easy Run
2-Nov	Saturday	Cross Training e.g. Cycling, Swimming, Yog
3-Nov	Sunday	6 KM Easy Run
4-Nov	Monday	Rest Day
5-Nov	Tuesday	40 Minutes easy run
6-Nov	Wednesday	<ul style="list-style-type: none"> • Warm up, 3 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed by Cool down for 5 to 10 minutes.
7-Nov	Thursday	Strength Session
8-Nov	Friday	5 KM Easy Run
9-Nov	Saturday	Cross Training e.g. Cycling, Swimming, Yog
10-Nov	Sunday	7 KM Easy Run
11-Nov	Monday	Rest Day
12-Nov	Tuesday	45 Minutes easy run
13-Nov	Wednesday	<ul style="list-style-type: none"> • Warm up, 3 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed by Cool down for 5 to 10 minutes.
14-Nov	Thursday	Strength Session
15-Nov	Friday	5 KM Easy Run
16-Nov	Saturday	Cross Training e.g. Cycling, Swimming, Yog
17-Nov	Sunday	8 KM Easy Run
18-Nov	Monday	Rest Day
19-Nov	Tuesday	50 Minutes easy run
20-Nov	Wednesday	<ul style="list-style-type: none"> • Warm up, 3 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed by Cool down for 5 to 10 minutes.
21-Nov	Thursday	Strength Session
22-Nov	Friday	5 KM Easy Run
23-Nov	Saturday	Cross Training e.g. Cycling, Swimming, Yog
24-Nov	Sunday	6 KM Easy Run
25-Nov	Monday	Rest Day
26-Nov	Tuesday	45 Minutes easy run
27-Nov	Wednesday	<ul style="list-style-type: none"> • Warm up, 3 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed by Cool down for 5 to 10 minutes.
28-Nov	Thursday	Strength Session
29-Nov	Friday	5 KM Easy Run
30-Nov	Saturday	Cross Training e.g. Cycling, Swimming, Yog

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For 10 KM		
1-Dec	Sunday	8 KM Easy Run
2-Dec	Monday	Rest Day
3-Dec	Tuesday	45 Minutes easy run
4-Dec	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed By Cool down 5 to 10 minutes.
5-Dec	Thursday	Strength Session
6-Dec	Friday	5 KM Easy Run
7-Dec	Saturday	Cross Training e.g. Cycling, Swimming, Yog
8-Dec	Sunday	6 KM Easy Run
9-Dec	Monday	Rest Day
10-Dec	Tuesday	45 Minutes easy run
11-Dec	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats • Cool down, 5 to 10 minutes.
12-Dec	Thursday	Strength Session
13-Dec	Friday	5 KM Easy Run
14-Dec	Saturday	Cross Training e.g. Cycling, Swimming, Yog
15-Dec	Sunday	4 KM Easy Run
16-Dec	Monday	Rest Day
17-Dec	Tuesday	40 Minutes easy run
18-Dec	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 3 repeats • Cool down, 5 to 10 minutes.
19-Dec	Thursday	Strength Session
20-Dec	Friday	5 KM Easy Run
21-Dec	Saturday	Cross Training e.g. Cycling, Swimming, Yog
22-Dec	Sunday	4 KM Easy Run
23-Dec	Monday	Rest Day
24-Dec	Tuesday	40 Minutes easy run
25-Dec	Wednesday	<ul style="list-style-type: none"> • Warm up, 2 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 3 repeats • Cool down, 5 to 10 minutes.
26-Dec	Thursday	30 Minutes easy run
27-Dec	Friday	Rest Day
28-Dec	Saturday	Race Day

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