



RUN *coach* **JAMIE**

**4 WEEK PLAN TO BUILD
BEFORE YOUR
TRAINING CYCLE**

RUN DISNEY 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Total	
Week 1		10		10			10			30 minutes
Week 2		10		10			15			35 minutes
Week 3		10		15	10		20			55 minutes
Week 4		10		10	10		15			45 minutes
Week 5		10		15	10		25			60 minutes
Week 6		15		20	15		35			85 minutes

Weekly Exercises

Monday Wednesday, Thursday workouts

Walk the designated time.

These walks are going to prepare you for an awesome training cycle

Saturday Walk OR Run

Saturday workouts can be a run, walk or a combo of the two