



MOMCON 6K

Powered by World Vision

Training Schedule: July 24 - September 18

JOIN THE [MOMCO RUN CLUB FACEBOOK COMMUNITY](#) & STAY UP TO DATE ON TRAINING TIPS!

WARMUP:

- Front Lunge
 - Repeat for 30 sec/leg
- Hip Opener Circles
 - 10 each leg
- Reverse Lunge
 - Repeat for 30 sec/leg
- Toy Soldier Kicks
 - 5/leg
- High Knees
 - 10 total
- Hamstring Stretch
 - 30 sec/leg

COOL DOWN:

- Runner's Lunge Stretch
 - 30 sec/leg
- Pigeon Stretch
 - 30 sec/leg
- Quad Stretch
 - 30 sec/leg
- Figure 4 Stretch
 - 30 sec/leg

SUGGESTED CROSS TRAINING:

- Core Training
- Isometric/Calisthenic Training
- Stretch Class
- Strength Training with Weights
 - Upper body
 - Lower body

	✓ S	● M	● T	● W	● TH	● F 7/24	● S 25
WEEK 1	Beginner Advanced	LACE UP YOUR RUNNING SHOES AND GET READY TO START TRAINING!					Cross train + run/walk 10 min Cross train + run 2 mi + 5x20 sec strides at end Run/walk 10 min Speed: 1 mi warmup + fartleks: 8x1 min fast pace & 1 min jog + cool down to 3 mi
WEEK 2	● 26	● 27	● 28	● 29	● 30	● 31	● 8/1
	REST	Cross train + run/walk 1 mi Cross train + run 2 mi w/strides	Run/walk 25 min Speed: 1 mi warmup 4x200m at 5k fast pace & 200m recovery jogs + cool down to 4 mi	Run 1 mi Run 3 mi w/strides	40 min of time on your feet + cross train Run 3 mi w/pace work: 1 mi warmup + 1 mi at HMP + 1 mi cool down	Cross train + run/walk 20 min Cross train + run 2 mi	Cross train + run/walk 20 min Cross train + run 2 mi
WEEK 3	● 2	● 3	● 4	● 5	● 6	● 7	● 8
	REST	Cross train + run/walk 1.5 mi Run 4 mi w/strides	Run/walk 25 min Run 3 mi on hilly terrain	Cross train + run 1 mi Cross train + run 3 mi w/strides	1.5 mi continuous running w/10 min warmup & 10 min cool down 1 mi easy + 2 mi HMP + 1 mi easy	Cross train + run 1 mi Cross train + run 3 mi w/strides	2 mi continuous running 1 mi easy + 2 mi hard pace + 3 min easy + cool down to 4 mi
WEEK 4	● 9	● 10	● 11	● 12	● 13	● 14	● 15
	REST	Cross train + walk 25 min Cross train + run 3 mi	Speed: 10 min jog + 10x1 min fast pace w/1 min walk + 10 min cool down Speed: 1 mi warm up + 2x800m at HMP w/400m jogs & 2x200m fast pace w/200m recovery jogs + cool down to 4 mi	Cross train + walk 25 min Cross train + run 2 mi	Run 2 mi Run 4 mi w/strides	Run 2 mi Run 5 mi	Run/walk 30 min Run 3 mi on hilly terrain
WEEK 5	● 16	● 17	● 18	● 19	● 20	● 21	● 22
	REST	Cross train + run/walk 2 mi Cross train + run 3 mi	Run/walk 30 min Speed: 1 mi warmup 4x400m at 10k fast pace & 400m recovery jogs + cool down to 4 mi	1 mi easy + 1 mi fast pace + 1 mi easy 2 mi warmup + 2x1 mi at MP w/800m easy + cool down to 5mi	60 min of time on your feet. Good mix of hiking/walking & running! See above	Cross train + run 2 mi Cross train + run 3 mi	Speed: 1 mi warmup + 6x1 min fast pace w/1 min jog & 6x30 sec sprint w/30 sec walk + cool down to 4 or 5 mi See above

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GOAL: RUN 3 (5) MILES WITHOUT STOPPING.
INCORPORATE STRIDES AND SPEED WORK IN RUNS; ADD 2-3 CROSS TRAINING WORKOUTS.

RUN GLOSSARY:

- **Fartlek:**
 - A Swedish term meaning "speed play," involving varying speeds and intensities during a run.
- **Strides:**
 - Short bursts of fast running, usually lasting 20-30 seconds, to improve running mechanics.
- **HMP (Half Marathon Pace):**
 - The pace at which a runner intends to run during a half marathon race. If you have not run a HMP at this time, focus on a pace that is sustainable for a long period of time. You are working to build endurance on these long runs and not trying to go too fast or race every long run.
- **MP (Marathon Pace):**
 - The pace at which a runner intends to run during a marathon race.

	● S 8/23	● M 24	● T 25	● W 26	● TH 27	● F 28	● S 29
WEEK 6	REST	Cross train + run 2 mi Cross train + run 3 mi	2-3 mi nice & easy Run 4 mi w/strides	Cross train + run 2 mi Cross train + run 3 mi	3 mi continuous running 1 mi easy + 3 mi hard pace or HMP	2 mi nice & easy Run 4 mi	Speed: 1 mi warmup + 6x2 min interval pace w/1 min walk or jog + cool down to 4 or 5 mi See above
	● 30	● 31	● 9/1	● 2	● 3	● 4	● 5
WEEK 7	REST	Run 2 mi Run 5 mi	Run 2 mi nice & easy Run 4 mi	Cross train + run 2 mi Cross train + run 3 mi	3 mi continuous running 1 mi easy + 3x800m fast pace or HMP w/400m jogs + 1 mi easy	Cross train + run 2 mi Cross train + run 3 mi	Speed: 10 min jog + 10x1 min fast pace w/1 min walk + 10 min cool down Speed: 1 mi warmup + 2x800m at HMP w/400m jogs & 2x200m fast pace w/200m recovery jogs + cool down to 5 mi
	● 6	● 7	● 8	● 9	● 10	● 11	● 12
WEEK 8	REST	Cross train + run 2 mi Cross train + run 3 mi	Run 2 mi Run 4 mi w/strides	Run 3 mi 2 mi warmup + 3x1 mi at MP with 800m easy + cool down to 6 mi	60 min of time on your feet. Good mix of hiking/walking/running! See above	Cross train + run 2 mi Cross train + run 3 mi	1 mi easy + 2 mi at HMP + 1 mi easy See above
	● 13	● 14	● 15	● 16	● 17	● SEPT. 18, 2026	
WEEK 9	REST	Cross train + run 2 mi Cross train + run 3 mi	Speed: 1 mi warmup + 6x30 sec sprint w/30 sec walk + cool down to 4 or 5 mi See above	REST	2 mi nice & easy Run 3 mi w/strides	RACE DAY! 	