

Runwell Training Schedule

Workouts take place in Dallas (near and at White Rock Lake)

Sample Schedule (members can access detailed calendar upon joining)

- Monday- PM Fun Recovery Run and Clinic (clinic with speaker about once a month) with Runwell Team
- Tuesday- Cross Train on your own
- Wednesday- PM Run with Runwell Team for Speed or Hill Training- Location will be announced weekly
- Thursday- Run on your own – distance determined by your Coach
- Friday-Rest!
- Saturday-AM Long Run with Runwell Team
- Sunday-Cross Train on your own

The Runwell Training Schedule can be altered periodically due to special events such as social, training, as well as target races.