

# 80 DAY OBSESSION & RUNNING SCHEDULE

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PHASE 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>80 DO Workout</b>	Total Body Core	Booty	Cardio Core	AAA	Legs	<del>Cardio flow</del>	Roll & Release or Rest
<i>Time</i>	60 min	53-60 min	35-40 min	48-55 min	46-52 min	<del>27-30 min</del>	
<b>Run Workout</b>	Run		&/Or Run (Tempo/Hills/Speed Work)		Optional Easy Run	Long Run	<b>DO NOT RUN TODAY!!! REST!</b>
PHASE 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>80 DO Workout</b>	Booty	Cardio Core	Total Body Core	Legs	AAA	<del>Cardio flow</del>	Roll & Release/Rest
<i>Time</i>	58 min	38-43 min	57-59 min	40-46 min	57-62 min	<del>36-41 min</del>	
<b>Run Workout</b>	Optional Easy Run	&/Or Run (Tempo/Hills/Speed Work)		Run		Long Run	<b>DO NOT RUN TODAY!!! REST!</b>
PHASE 3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>80 DO Workout</b>	AAA	Cardio Flow	Legs	Total Body Core	Booty	<del>Cardio Core</del>	Roll & Release/Rest
<i>Time</i>	54-58 min	45-47 min	51-52 min	58-60 min	47-55 min	<del>40-42 min</del>	
<b>Run Workout</b>	Optional EasyRun	&/Or Run (Tempo/Hills/Speed Work)			Run	Long Run	<b>DO NOT RUN TODAY!!! REST!</b>

## Quick Tips For Combining 80 Day Obsession with Running

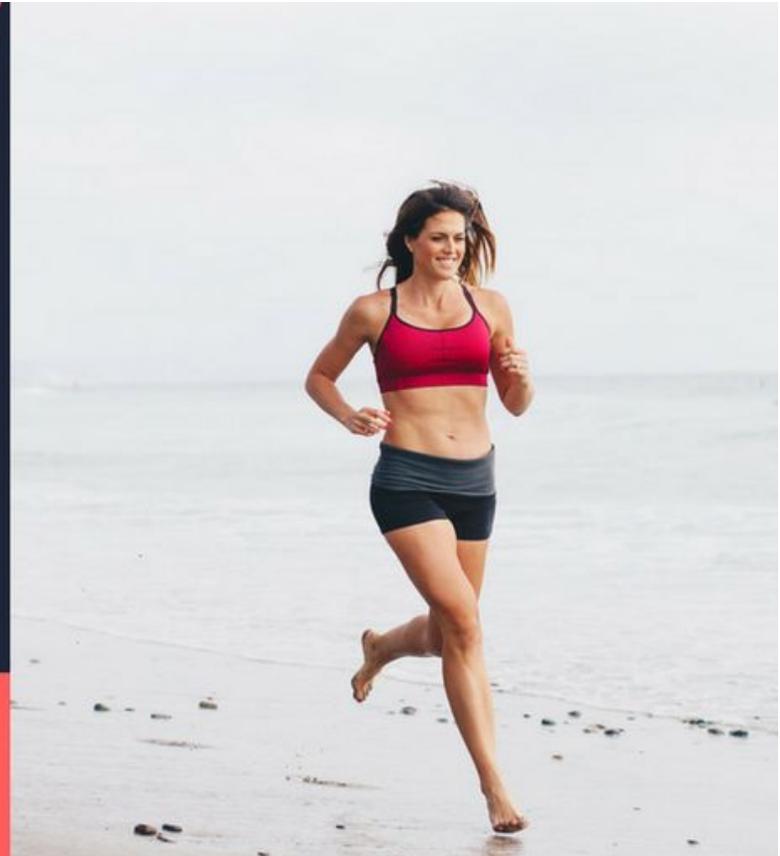
1. Don't do speedwork/tempo run/hill repeats the day after a hard leg day - your run will be negatively affected for 24 hours following a leg workout (same goes for a long run that has a portion at race pace - easy/moderate paced long runs after working legs are fine).
2. Ideally if you do both a run and a workout on the same day, do the run first.
3. Up your nutrition to maintenance.
4. Eat an extra blue/fat if you're a woman (supports reproductive health).
5. DO NOT attempt during peak training or during training for an important race (if your goal is to finish that's fine).
6. Take a rest day EVERY week - experienced runners could do a super easy run on Sundays but I would still recommend a full rest day every 2-3 weeks.
7. Take a daily recovery drink with BCAAs and Glutamine (I recommend Beachbody [Recover](#) and/or [Recharge](#)) to help you prepare for the intensity of the workouts.
8. If you're feeling totally beat from a speed workout/tempo, etc. skip legs or booty that week (alternate these if you decide to skip weekly).
9. Do NOT do any 80 Day Obsession workouts during race week for your goal race.
10. If you aren't training for a longer distance race, you could do both Cardio Flow and a short run on Saturdays instead of skipping Cardio Flow.

*I am not a running coach, physical therapist or physician. In no way should the exercise or dietary information on [www.fitnessfatale.com](http://www.fitnessfatale.com) or in this download replace or in anyway interfere with guidance given to your by a medical professional. If you fail to seek medical clearance or if you ignore medical advice, you do so at your own risk.*

## ABOUT NICOLE

I am a marathoner, mom of three, Beachbody coach and coffee lover. I believe I'm a better runner because I am consistent with my strength training. As a mom, doing my workouts at home makes it much easier to be successful.

[www.fitnessfatale.com](http://www.fitnessfatale.com)



## Join Me!

I host monthly challenge groups that provide accountability to runners who are combining various programs, including 80 Day Obsession and 21 Day Fix with running. If you'd like to join my next challenge group, please reach out using [this link](#).

Curious about all the different purchasing options? Check out my page here to learn how you can [get started with 80 Day Obsession](#).