

GROUP 1 WALK/RUN PROGRAM

Monday	5 MINUTE WALK 10 X (1 MINUTE EASY Run W/1 MINUTE WALK BETWEEN) 5 MINUTE WALK
Wed	5 MINUTE WALK 7 X (2 MINUTE EASY Run W/1 MINUTE WALK BETWEEN) 4 MINUTE WALK
Thur	5 MINUTE WALK 6 X(1 MINUTE EASY Run W/ 30 SECOND WALK BETWEEN) 8 X (30 SECOND EASY Run W/ 1 MINUTE WALK BETWEEN) 4 MINUTE WALK
Sun	DO THE SAME AS DAY THURSDAY
Sep 7-13	WEEK 2
Monday	3 MINUTE WALK 3 MINUTE EASY Run 2 MINUTE WALK 10 X(2 MINUTE EASY Run W/1 MINUTE WALK) 5 MINUTE WALK
Wed	4 MINUTE EASY Run 3 MINUTE WALK 6 X(3 MINUTE EASY Run W/ 2 MINUTE WALK BETWEEN) 10 MINUTE WALK
Thur	5 MINUTE EASY Run 3 MINUTE WALK 20 X(1 MINUTE EASY Run W/ 30 SECOND WALK BETWEEN) 4 MINUTE WALK
Sun	DO THE SAME AS DAY THURSDAY
Sep 14-20	WEEK 3
Monday	5 MINUTE EASY Run 3 MINUTE WALK 5 MINUTE EASY Run 3 MINUTE WALK 5 MINUTE EASY Run 4 MINUTE WALK
Wed	2 MINUTE WALK 4 X (6 MINUTE EASY Run W/1 MINUTE WALK BETWEEN) 6 MINUTE EASY Run 2 MINUTE WALK
Thur	DO THE SAME AS DAY WED
Sun	DO THE SAME AS DAY MONDAY

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Sep 21-27	WEEK 4
Monday	8 MINUTE EASY Run 2 MINUTE WALK 6 MINUTE EASY Run 2 MINUTE WALK 7 MINUTE EASY Run 6 MINUTE WALK
Wed	2 MINUTE WALK 4 X (6 MINUTE EASY Run W/1 MINUTE WALK BETWEEN) 5 Minute walk 10 MINUTE EASY Run 2 MINUTE WALK
Thur	DO THE SAME AS MONDAY
Sun	DO THE SAME AS WED
Sep 28 - Oct 4	WEEK 5
Monday	3 MINUTE WALK 10 MINUTE EASY Run 2 MINUTE WALK 10 X(3 MINUTE EASY Run W/1 MINUTE WALK) 4 MINUTE WALK
Wed	10 MINUTE EASY Run 3 MINUTE WALK 6 X(5 MINUTE EASY Run W/ 2 MINUTE WALK BETWEEN) 4 MINUTE WALK
Thur	10 MINUTE EASY Run 3 MINUTE WALK 8 X(5 MINUTE EASY Run W/ 1 MINUTE WALK BETWEEN) 4 MINUTE WALK
Sun	DO THE SAME AS THURSDAY
Oct 5 - 11	WEEK 6
Monday	3 MINUTE WALK 3X(10 MINUTE EASY Run W/3 MINUTE WALK BETWEEN) 3 MINUTE WALK 14 MINUTE RUN
Wed	2 MINUTE WALK 4 X (8 MINUTE EASY Run W/1 MINUTE WALK BETWEEN) 2 MINUTE WALK 10 MINUTE EASY Run 4 MINUTE WALK
Thur	DO THE SAME AS WED
Sun	DO THE SAME AS MONDAY

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Oct 12-18	WEEK 7
MONDAY	10 Minutes Easy Pace 3 Minute Walk 10 Minutes Easy Pace 3 Minute Walk 10 Minutes Easy Pace 4 Minute Walk
Wed	2 MINUTE WALK 4 X (8 MINUTE EASY Run W/1 MINUTE WALK BETWEEN) 2 MINUTE WALK 10 MINUTE EASY PACE 4 MINUTE WALK
Thur	5 MINUTE WALK 15 MINUTE EASY PACE 5 MINUTE WALK 10 MINUTE EASY PACE 5 MINUTE WALK
Sun	DO THE SAME AS DAY THURSDAY
Oct 19-25	WEEK 8
Monday	SAME AS WEEK 7
Wed	SAME AS WEEK 7
Thur	SAME AS WEEK 7
Sun	SAME AS WEEK 7
Oct 26-Nov 1	WEEK 9
Monday	2 MINUTE WALK 4 X (8 MINUTE EASY PACE W/1 MINUTE WALK BETWEEN) 2 MINUTE WALK
Wed	5 MINUTE WALK 20 MINUTE EASY PACE 5 MINUTE WALK 10 MINUTE EASY PACE 5 MINUTE WALK
Thur	2 MINUTE WALK 4 X (8 MINUTE EASY PACE W/1 MINUTE WALK BETWEEN) 2 MINUTE WALK 10 MINUTE EASY PACE 4 MINUTE WALK
Sun	DO THE SAME AS DAY WEDNESDAY
Nov 2-8	WEEK 10
Monday	2 MINUTE WALK 4 X (8 MINUTE EASY PACE W/1 MINUTE WALK BETWEEN) 2 MINUTE WALK

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Wed	30 MINUTE EASY PACE 6X30 SECOND STRIDES 8 MINUTE EASY PACE 5 MINUTE WALK
Thur	5 MINUTE WALK 20 MINUTE EASY PACE 5 MINUTE WALK 10 MINUTE EASY PACE 5 MINUTE WALK
SAT	SCR 15 K IF YOU DON'T DO THE 15 K TAKE THE DAY OFF
Sun	IF YOU DID THE 15 K TAKE THE DAY OFF IF NOT, DO THE SAME AS WED
Nov 9-15	WEEK 11
Monday	10 MINUTE EASY PACE 3 MINUTE WALK 3X(15 MINUTE EASY PACE W/3 MINUTE WALK BETWEEN) 3 MINUTE WALK 15 MINUTE EASY PACE
Wed	30 MINUTE EASY PACE 6X30 SECOND STRIDES 10 MINUTE EASY PACE 5 MINUTE WALK
Thur	DO THE SAME AS WED
Sun	DO THE SAME AS MONDAY
Nov 16-22	WEEK 12
Monday	30 MINUTE EASY PACE 6X30 SECOND STRIDES 8 MINUTE EASY PACE 5 MINUTE WALK
Wed	20 MINUTE EASY PACE 3 MINUTE WALK 3X(15 MINUTE EASY PACE W/3 MINUTE WALK BETWEEN) 3 MINUTE WALK 15 MINUTE EASY PACE
Thur	DO THE SAME AS MONDAY
Sun	40-50 MINUTE EASY PACE. TAKE WALK BREAKS AS NEEDED
Nov 23-29	WEEK 13 - RACE WEEK
Monday	OFF

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Wed	10 MINUTES Easy Pace 3 Minute Walk 10 Minutes Easy Pace 3 Minute Walk 10 Minutes Easy Pace 4 Minute Walk
Thur	5 MINUTE WALK 20 MINUTE EASY PACE 5 MINUTE WALK 10 MINUTE EASY PACE 5 MINUTE WALK
Sun	HALF MARATHON